The ugly food trend, page 16

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Ottawa metro

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Your essential daily news | WEDNESDAY MARCH 25, 2015

High 2°C /Low -13°C Wet snow

Old show, new twist

ARTS

Opera Lyra aims to attract young audience

Lucy Scholey
Metro | Ottawa

Through karaoke nights and an operatic flash mob at a grocery store, Ottawa's Opera Lyra is working to bring in younger patrons.

This alternative approach is both promotion for The Marriage of Figaro playing at the National Arts Centre this week and an attempt to paint the classical music as hip, contemporary and a Saturday hangout for both grandma and her university-aged grandson.

At the opera's opening night last weekend, the crowd ranged from older, suit-wearing opera fans to casual young newcomers in jeans.

Kevin Mallon, interim artistic director of Opera Lyra and conductor for The Marriage of Figaro, said the company is trying to excite and inspire younger people to head to the opera.

"It's a really crazy, whacky idea and modernizing like this is not for everybody's taste, but I'm hoping that we will be able to bridge the gap and bring along our traditional audience and attract newcomers," he said.

Citing financial problems, Opera Lyra cancelled two shows in 2011. That's when the need to attract younger patrons became apparent. Mallon said they are still "not out of the woods," but the days are gone when opera companies would sit back and let the audience come to them.

"It's just a different era," he said. "We have to go out and hustle for this work."

Mallon said he has also brought in a cast of younger singers who are all energetic and tuned into social media.

MORE COVERAGE, PAGE 7

"ISIL must be resisted, and resisted by force."

PM Stephen Harper, on the need to expand ISIL mission. P. 8 & 13

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Your essential daily news
Wednesday, March 25, 2015

Brazeau's defence attacks

COURT

Complainant brought to tears during cross-examination

Joe Lofaro
Metro | Ottawa

The Patrick Brazeau sexual assault trial took an unexpected twist Tuesday when his defence team suggested the alleged female victim was given permanent residency status by cooperating with the RCMP on the suspended senator's expense scandal.

The argument was meant as an attack on the 40-year-old complainant's credibility, moments after she admitted in court to getting her hands onto fake passports on her way into Canada in 2008.

However, the judge dismissed the claim and ruled the woman did not have to bring her residency documents to court to be scrutinized.

Outside of court Crown prosecutor Sylvain Petitclerc said the defence's questioning about the RCMP interaction was "very, very long for nothing" and "irrelevant."

Brazeau's defence team is expected to cross-examine the woman at the centre of the trial again Wednesday. She cannot be identified due to a publication ban.

She was brought to tears in the courtroom earlier Tuesday when the Crown played an audio recording of her 911 call inside the bathroom of Brazeau's Gatineau home on Feb. 7, 2013 after the alleged assault.

Suspended Senator Patrick Brazeau leaves the Gatineau courthouse on the second day of his sexual assault trial. JOE LOFARO/METRO

She told the Gatineau police dispatcher on the other line a man had struck her and had pushed her down the stairs.

"Are you injured?" the dispatcher asked.

"Yes. There are marks," she replied in a trembling voice.

Although she had indicated she was injured, she refused medical assistance during the call.

The Crown's evidence presented yesterday included photos of bruises on the complainant's arms and legs, as well as scratches on her back.

Rapid typing sounds could be heard over the phone in the 911 recording before the dispatcher asked who hit her

In a clearer, more articulate tone this time the woman replied, "Patrick Brazeau."

Brazeau is charged with sexual assault and assault and has previously pleaded not guilty.

The trial will continue Wednesday, which was scheduled to be the last day. Since witness testimony has taken longer than expected, Petitclerc said an extension will likely have to be requested.

> **Yes. There are marks**
> Complainant says to 911 dispatcher

SPORTS

Sens fans asked to aim for the donation bin

Parkdale Food Centre is reminding Senators fans that it's better to toss food in a donation bin than on the ice.

The not-for-profit organization has a website where donations that go toward buying food for those in need can be made. Ground beef can be donated in increments of $4 and up, about the same price as a hamburger. Sens fans can celebrate their next win by making a donation at parkdalefood.ca, the company is suggesting.

NICHOLAS HODGE/FOR METRO

IN BRIEF

Police get approval to purchase 100 new Tasers

Ottawa police have been given the go-ahead to purchase 100 new Tasers.

The measure was approved by the Ottawa Police Services Board on Monday evening as part of a plan from last year to better equip front line officers.

The service already owns 130 of the stun guns but there are often only five to 15 on the street at any one time.

Supt. Uday Jaswal says it's hoped the new purchase will increase the number of Tasers available at any time to 15 to 39. THE CANADIAN PRESS

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Tool library to fulfil your project needs

SHARING ECONOMY

Everyone from homeowners to artists may find it handy

Haley Ritchie
Metro | Ottawa

Bettina Vollmerhausen, left, and Donna Henhoeffer are two of the community members behind the Ottawa Tool Library, a low-cost borrowing hub they're hoping to put together this summer. HALEY RITCHIE/METRO

> **We have five table saws donated already**
> Bettina Vollmerhausen

An Ottawa group has launched an Indiegogo campaign with a goal of $15,000 to get the city's first tool library up and running by the summer.

Similar groups exist across Canada, letting members who pay an annual fee borrow tools for occasional projects. The founders of Ottawa's tool library see it lending hand tools, power tools, kitchen tools and garden tools for a week at a time.

"The communities we lived in as kids were all about sharing because you knew your neighbours and you needed to borrow things," said organizer Donna Henhoeffer.

The group envisions the tools being borrowed by everyone from homeowners to artists.

"And there will be people who just want to try things out," she said.

"You won't be borrowing a potato peeler, but you might want to try out a pasta maker."

Henhoeffer and fellow organizer Bettina Vollmerhausen are still looking for a space in the downtown core to run the library. Ideally it would be large enough to run seminars and allow working space, but they're also open to sharing a space with another business.

Most of the tools available for borrowing will be donated, but the group will also consider making purchases based on community demand.

"We're reaching out and asking the community to be tool educators. It will be a very community-driven kind of space," said Vollmerhausen.

Insurance arrangements will work like any other rental facility in the province. Some of the larger tools might require short safety reviews and deposits, and volunteer "tool doctors" will inspect new donations and do repairs.

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Keith Urban. GETTY IMAGES

Rickey Medlocke. GETTY IMAGES

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FESTIVALS

Music lovers split on Bluesfest

You either love it or you hate it.

There aren't too many people who would land in the middle when discussing the Ottawa Bluesfest lineup, and with everything from big-name country acts like Keith Urban to smaller niche indie-rock acts like Interpol, the lineup is sure to both tick people off and give others a reason to stay in Ottawa in July.

"I think it is pretty underwhelming," said Ottawa music writer Kristopher Bras, who writes for Spotlight Ottawa.

He said there is a major lack of alternative rock bands like Weezer or Queens of the Stone Age — and although the Foo Fighters were rumoured to be one of the top headliners, the California rockers didn't make the bill.

"This is a city that grew up on radio stations like the Bear and Live 88.5, and I think for music listeners in that age group, there isn't really enough," said Bras, adding that he is more excited for local bands Hilotrons and New Swears than he is for the headliners.

"There just isn't really enough to keep us interested, especially over the course of 10 days."

But if you ask Boom FM morning radio host Sandy Sharkey, she's already got July 9-19 pencilled in on her calendar. To say she's excited for bands like Deep Purple and Lynyrd Skynyrd would be an understatement.

For Sharkey, the more bands on the lineup she doesn't know, the better. She is urging everyone to "dig a little deeper" to find the gems hidden among the headliners.

"I always think of Bluesfest as Christmas anyway, because not only do I get to see some of the acts that I do know, I also get to introduce myself to some acts that I don't know."

But love or hate, there is truly something for everyone through the festival's 10 days, with headliner Keith Urban, mainstream DJs Skrillex and Diplo, the soulful Charles Bradley and His Extraordinaires, Australian rapper Iggy Azalea and conscious hip-hop artists Nas and De La Soul filling out the bill.

The festival runs July 9-19 at LeBreton Flats.

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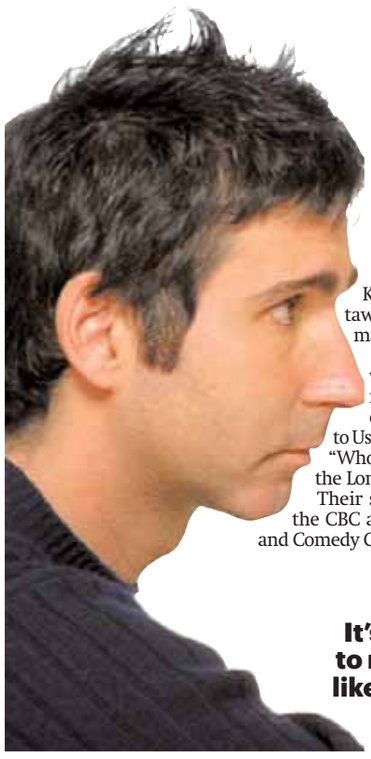
TELEVISION

Kenny and Spenny's message to Ottawa: 'This is it, don't miss it'



Nicholas Hodge
Metro | Ottawa

Comedic duo and bitter rivals, Kenny Hotz and Spencer Rice, are bringing their show Kenny vs. Spenny to Ottawa for what Hotz says may be the last time.

The childhood friends would compete in a different challenge each episode like, "First One to Use Their Arms Loses" and "Who Can Be Tied to a Goat the Longest?"

Their show, which aired on the CBC and then on Showcase and Comedy Central, went off the air in 2010, but the pair have maintained a relationship with their fans.

"It's Kenny's job to make me look like a loser, like a lesser man."
Spenny

They now do live tours that include unaired clips and a Q and A component.

The Ottawa show is on Thursday in the Algonquin Commons Theatre.

"We're really going to delve into the experience of what the show was like for us to do," said Hotz. "This will be a more revealing look at Kenny vs. Spenny."

Many of the show's funniest moments came from Rice's emotional reactions to Hotz' cheating in competitions. He claims Hotz has re-tooled the live show without his knowledge in an attempt to besmirch him.

"It's one of the ways his narcissistic personality wants to control everything," said Rice, promising to defend himself on Thursday.

Hotz claims, tongue-in-cheek, that Rice never helps plan live shows and that he organized the tour and found all the clips by himself.

"I couldn't even make a show that wouldn't make him look bad," said Hotz. "He makes himself look worse than I ever could."

If there's one thing the two can agree on it's that their relationship is authentic. While some have accused the show of being scripted they insist it wasn't.

"I love people seeing the live show because there's this overall question about whether it's real," said Hotz.

The live events, much like the TV version, have Hotz and his fans loft insults at an increasingly agitated Rice until he fires back.

"Spenny is a mess. He's angry, he's mean, he's violent and I'm not."
Kenny

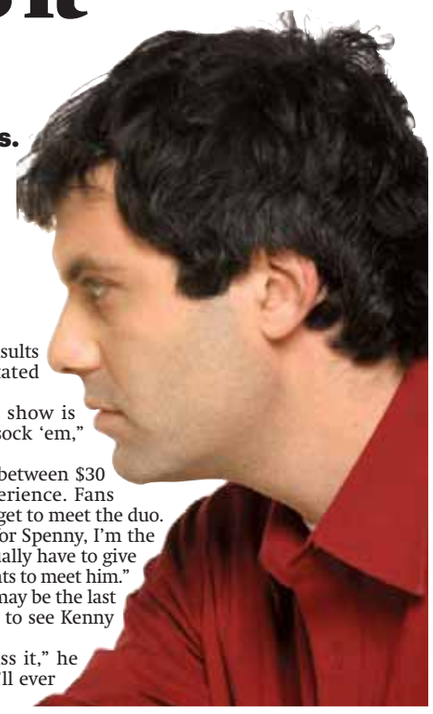
"I think the Ottawa show is going to be rock 'em, sock 'em," said Rice.

Tickets prices range between $30 and $99 for a VIP experience. Fans paying the full $99 will get to meet the duo.

"It's only five bucks for Spenny, I'm the $95," joked Hotz. "I actually have to give $10 to everyone who wants to meet him."

Hotz warns that this may be the last time fans in Ottawa get to see Kenny vs. Spenny live.

"This is it, don't miss it," he said. "I don't think you'll ever see us again."



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The National Capital Commission (NCC) invites you to attend a workshop to assist in the development of an illumination plan for the core of Canada's Capital.

This presentation will highlight UNESCO's 2015 International Year of Light and Light-based Technologies, which is raising global awareness about how light-based technologies promote sustainable development and provide solutions to global challenges in energy, education, agriculture and health.

Workshop participants will be invited to discuss the mission and objectives of the NCC's Capital Illumination Plan, identify specific sites that should be illuminated, and complete a survey.

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A woman navigates an ice-covered sidewalk. THE CANADIAN PRESS FILE

Spring is taking its sweet time this year

Break out those rain boots to wade through Ottawa's slushy streets later this week, but don't expect consistently warmer weather just yet.

Above-zero temperatures are in the forecast for Wednesday and Thursday, with a snowy-rainy mix. But then those temperatures could dip to freezing lows on the weekend.

In keeping with the colder-than-normal February, March is also shaping up to be chillier than usual. The average temperature this month has been -5.9 C, which is about 3.5 degrees cooler than normal.

"We should be getting temperatures above zero most of the time now," said Environment Canada Meteorologist Peter Kimbell.

Instead, Ottawa woke up on Monday to the coldest March 23 since 1997. At 7 a.m., temperatures sat at -17 C (-27 C with wind chill).

Many will probably see Wednesday's high of 3 C as a welcome reprieve from the frigid spring start. Thursday, "if we cross our fingers," might get up to 8 C, said Kimbell. "I think that's maybe a little optimistic, but it's still early yet."

Don't let the weekend's forecasted high of 2 C on Saturday and 6 C on Sunday excite you either, said Kimbell. "I don't really see much of a change through to the end of the month and even into early April either."

"The cold just seems to want to continue. Spring will come — in terms of warmer temperatures — but it's taking its time."

As for the snow, it will likely stay on the streets until early April, much like it did last year.

After that, the rain boots will likely become a more regular part of your wardrobe.

LUCY SCHOLES/METRO

IN BRIEF

Reports scared skiers away this season

If it wasn't the coldest February on record that kept area skiers from suiting up for the slopes, then it was the rapidly spreading tweets about cold weather that did.

The slopes at Ski Edelweiss were a bit lonely this winter and although cold-weather clothing advances have made it easier to play outside, it was fear of being cold that kept skiers away.

"The biggest obstacle for ski areas is the weather reports," said Edelweiss manager Jean-Sebastien Saia, adding that the ski hills saw about 10 per cent drop in business.

"That definitely scares people and with social media, it has become very easy to spread these messages.

"Everybody is getting the message that says, 'stay indoors,' or 'immediate frostbite warning.

"It's not as scary as the media makes it out to be, sometimes."

METRO

The stars of Opera Lyra's production of the Marriage of Figaro, which is playing at the National Arts Centre until March 28, 2015. CONTRIBUTED/ANDREW ALEXANDER

Opera trying to draw city's youth

CULTURE

Mozart's comedy great for Ottawa's 20-somethings

Lucy Scholey
Metro | Ottawa

When I showed up to the opera in my Value Village dress and old lipstick, I expected to feel like an underdressed, uncultured millennial.

I had never been to the opera before watching The Marriage of Figaro at its opening night on March 21.

As it turns out, I am the type of person Opera Lyra wants in the seats at the National Arts Centre. The 31-year-old Ottawa opera company is trying to draw a younger crowd to its shows, with a younger cast and more modern time periods.

Mozart's comedy may be the right pitch for those 20-somethings who spend Saturday nights streaming TV shows. It has all the drama of daytime cable: infidelity, love, twists and a bit of slapstick. In short, Figaro wants to marry maid Susanna, but Count Almaviva is also trying to seduce her. His wife is unsurprisingly unimpressed. Almost everyone plays tricks on everyone else in the pursuit of love and happily ever after.

Characters to watch

It's striking how Wallis Giunta, the face of McCaffrey Haute Couture, can strip the bridal gowns, put on a suit and convincingly play randy pageboy Cherubino chasing after the ladies. Her real-life partner, baritone John Brancy, is playful as Figaro while fellow baritone James Westman is hilariously aloof.

Star Sasha Djihanian dazzles as lady-every-man-wants Susanna.

Period dress

Although Mozart wrote The Marriage of Figaro in the late 1700s, Opera Lyra sets the tone in the early 1900s. Downton Abbey fans will recognize the Edwardian England backdrop and black tuxes.

But how do I dress?

I expected ball gowns and tuxedos. But they were almost

> **Mozart's comedy may be the right pitch for those 20-somethings who spend Saturday nights streaming TV**

as rare as the jeans-and-sweater-wearing part of the crowd. Semi-formal seemed the norm, but it was opening night. It seems like almost anything goes, so don't take out a loan on a new outfit, but clean up a little.

One thing that surprised me was that none of the singers wore microphones, but their powerful voices blended nicely into the orchestra.

Also, it was surprising to find that while the average age of those who attended was probably around 50, there were many young faces in the crowd.

The Marriage of Figaro is playing Wednesday, March 25 and again on Saturday, March 28 at 8 p.m. Tickets start at $25 for the play that runs for about three hours.

THIS SEASON IN OTTAWA OPERA

An Iraq jail, 1940s film set and bullying. Old stuffy opera? Not at Opera Lyra.

The Barber of Seville
A 1940s movie studio set serves as the backdrop to Rossini's show about a young actress. Runs Sept. 26, 28 and 30, Oct. 3, 2015, at the NAC.

Etiquette/Regina
This is a double-bill from Toronto's Essential Opera. Etiquette is about New York writer Dorothy Parker's harsh take on the original "Miss Manners" or Emily Post. Regina is about the first woman to be ordained a rabbi, who died in a concentration camp. Runs Oct. 16-18, 2015 at the Great Canadian Theatre Company.

Fidelio
Beethoven's only opera will be retold in an Iraq jail, circa 2003. Scheduled for March 19, 23, 26, 2016 at the NAC.

Museum Week takes over social media

Haley Ritchie
Metro | Ottawa

Ottawa's biggest museums are taking over the twittersphere this week in a global campaign called #MuseumWeek that encourages museums to reach out over social media.

It's not the first time the museum has used social media. The Nature Museum has been tweeting, liking and Youtubing since 2009 and are now on Instagram and Flickr.

"Twitter's been a great tool to reach beyond the physical walls and engage Canadians wherever they are," said Avra Gibbs Lamey, a spokesperson for the War Museum. "We're a national museum for all Canadians, but for Canadians who aren't in Ottawa."

The War Museum, Nature Museum, the National Gallery are a few institutions tweeting out photos of new acquisitions, behind-the-scenes collections and museum trivia.

Over the next few days they'll be retweeting selfies and museum memories from the community, and sharing more about their architecture and history.

> **Twitter's been a great tool to reach beyond the physical walls and engage Canadians wherever they are**
> Avra Gibbs Lamey, Spokesperson for the War Museum

"The response has been awesome," said Lexie Buchanan, who takes care of social media at the National Gallery. "It gives us an opportunity to de-mystify everything and share the behind the scenes operations that people don't get to see."

BACKGROUND

#MuseumWeek
Later in the week the War Museum will be tweeting a secret new acquisition donated by a solider who served in Afghanistan. On Sunday patrons are encouraged to take selfies at local museums with the hashtag #PoseMW.

National Gallery: 1st #MuseumWeek post: pigment room in the conservation lab. Our conservators use these to touch up ptgs #secretsMW

War Museum: Did you know? Morse code was incorporated into the #WarMuseum windows to spell "Lest We Forget" #SecretsMW

Nature Museum: Most of our collections are not shown at the museum. Take a look! #secretsMW #MuseumWeek

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JUSTICE

Khadr has right to bail: Lawyer

A lawyer for former Guantanamo Bay inmate Omar Khadr says his client's appeal in the United States is taking too long and he should be released on bail.

But the Canadian government maintains that letting Khadr out would undermine public confidence in the justice system, subvert international law and damage this country's relationship with the United States.

Nathan Whitling told a bail hearing in Edmonton on Tuesday that his client should get bail while he appeals his war-crimes conviction before a U.S. military court. He said the court has put the appeal on hold and might not make a decision before Khadr completes his sentence.

"We could all be retired by the time the appeal is done," Whitling told Justice June Ross of Court of Queen's Bench.

He said Khadr has a right to seek bail pending an appeal, just as other prisoners do in both Canada and the U.S.

"Mr. Khadr should not be treated differently."

Khadr pleaded guilty in 2010 to five war-crimes charges, including murder, for killing an American soldier in Afghanistan when he was 15.

After spending nearly a decade in Guantanamo Bay, Khadr was sentenced by a U.S. military commission to an additional eight years and shipped to Canada. He then said he only pleaded guilty to get out of Guantanamo.

Bruce Hughson, a lawyer representing the federal government, told court that releasing Khadr might encourage other Canadians convicted in foreign countries to ask for transfers and file appeals so they can also seek bail. It would affect the willingness of countries to send offenders to Canada, he said.

"It would destroy the transfer system," Hughson told the judge.

Hughson said the proper route for Khadr's release is through the Parole Board of Canada. Khadr is set to appear before the board in June.

Now 28, Khadr is more than halfway through his sentence. He is a medium-security prisoner at Bowden Institution in Alberta. He won an earlier Alberta court decision that said he should be serving his sentence in Canada as a youth. The government is appealing that ruling to the Supreme Court. If released on bail, Khadr plans to live in Edmonton with one of his other lawyers, and a university has agreed to let him enrol as a student. The hearing is to continue Wednesday.

THE CANADIAN PRESS

Harper introduces motion to expand fight against ISIL

IRAQ AND SYRIA

Mission renewal to be debated this week

The plan to expand Canada's war against the Islamic State of Iraq and the Levant (ISIL) into Syria hinges on the conviction that dictator Bashar Assad has lost control of the country, allowing extremists to pose a clear and direct threat to the international community, Stephen Harper said Tuesday.

But the question opposition parties were asking Tuesday was: what changed the prime minister's mind?

When Canada's combat mission first got underway almost six months ago, Harper ruled out the possibility of CF-18s attacking targets in Syria, which has been home to a bloody four-year-long civil war.

At that time, he said the military would have to seek the permission of the Assad government.

But that changed Tuesday with the introduction of a proposed mission renewal, to be debated later this week, that would expand airstrikes into Syria and extend the mission by a year.

"As our allies have indicated, they are taking necessary and proportionate military action in Syria on the basis that the government of Syria is unwilling or unable to prevent ISIL from staging operations and conducting attacks there," Harper said.

The effect of adding Syria to the target list has been to further unite political opposition at home — notably the Liberals, some of whom were uncomfortable with the decision to oppose the initial deployment in the face of blatant ISIL atrocities.

THE CANADIAN PRESS

SEE PAGE 13 FOR A DISCUSSION ON THE MOTION TO EXPAND THE ISIL MISSION

Canadians did not invent the threat of jihadi terrorism and we certainly did not invite it. Nor, as this global threat becomes ever more serious, can we protect our country or our communities by choosing to ignore it.

Prime Minister Stephen Harper

Military planners will tell us that for a mission to succeed it must have two things: it must have a well-defined objective and a well-defined exit strategy. This mission has neither.

NDP Leader Thomas Mulcair

WILDLIFE THIS PANDA IS READY FOR HER CLOSE-UP Rina, the Edmonton Valley Zoo's newest addition to its red-panda family, poses in her enclosure on Tuesday. Having recently arrived from Shizuoka Municipal Nihondaira Zoo in Japan, two-year-old Rina is one of three red pandas currently living in the Edmonton zoo. With an estimated population of fewer than 10,000 adult red pandas left in the wild, the species is considered endangered. The Edmonton Valley Zoo is part of a worldwide conservation effort to preserve red pandas through a Species Survival Plan. TOPHER SEGUIN/FOR METRO IN EDMONTON

POLITICS

Bill C-51 hinders civil rights: Critic

The federal government's omnibus security bill would hand extremists what they want by shackling civil liberties, a prominent aboriginal lawyer and activist says.

There is no way to fix the legislation, which "makes us all suspects," said Pamela Palmater, chairwoman in indigenous governance at Toronto's Ryerson University.

"The terrorists will have won," Palmater said Tuesday during a meeting of the House of Commons public-safety committee, which is hearing more than 50 witnesses on the bill.

The 62-page bill would give the Canadian Security Intelligence Service the ability to actively disrupt terror plots, make it easier for police to limit the movements of a suspect, expand no-fly-list powers, crack down on extremist propaganda and dismantle barriers to exchanging security-related information.

THE CANADIAN PRESS

QUEBEC

Prison guard suspended as manhunt continues for son of former crime boss

A Quebec prison guard was suspended Tuesday as police tried to solve the mystery of how the son of former Hells Angels boss Maurice (Mom) Boucher walked out of jail two months before the end of his sentence. Francis Boucher left Montreal's Bordeaux institution just before noon Monday, prompting different views as to the events behind the escape.

THE CANADIAN PRESS

KEYSTONE

Pipeline focus of U.S. ambassador's year

The U.S. ambassador to Canada concludes the first year of his posting acutely aware that a single irritant over an oil pipeline has grabbed so much of the attention in the Canada-U.S. relationship.

"I have noticed that. I definitely have," Bruce Heyman said in an interview this week during a trip to Washington, with his first year as ambassador drawing to a close.

Indeed, the irritant in question is so well known that Heyman doesn't even need to refer to Keystone XL by name: "I think the U.S. government is very aware of the Canadian position with regard to the pipeline."

Heyman is keen to accentuate the positive: shared international projects, like fighting ISIL and Ebola; last week's historic border agreement on preclearance; countless cultural exchanges; and the world's biggest bilateral trading relationship. THE CANADIAN PRESS

THE SELF-SURVEILLANCE GENERATION — PART I

The teen code

How kids make their own rules for online behaviour

Social media has gone beyond a sharing tool for teenagers — it's also become a way to manage reputations and make the right impression. JEFF HARPER/METRO IN HALIFAX

Stephanie Taylor
Metro | Halifax

It was the day after a party when Marlisa first saw the video.

Recordings of the 17-year-old vomiting at a high-school party from January began circulating through Snapchat. Despite the fact the app is designed to erase messages, teens figured out ways to save photos.

Because she was drunk, the Halifax teen says she has little memory of what happened.

"I was like, 'Oh my God,' but I didn't feel bad because I was drunk, so like there's an excuse," she says. "Because I'm of the age of, like, this is what you would expect."

Today, nearly 100 per cent of Grade 11 students have a Facebook account, according to a 2014 study by MediaSmarts, a group dedicated to researching digital literacy issues among young Canadians. Roughly 85 per cent of students own a cellphone. That puts at their fingertips the ability to manage their reputation — and each other's — leading to a culture in which teens are now policing teens, choosing when and if to capture and broadcast each other's youthful indiscretions.

> **One of the drawbacks of connecting through digital technology is that it's always on. It's sort of like being at the mall 24 hours a day.**
> Matt Johnson,
> director of education at MediaSmarts

A code among peers

When it comes to posting a photo of a peer, Halifax teens Morgan and Rachel have a checklist: first, are you friends with this person? And second, does the photo make them look good?

If the answer to either is "no," an unspoken courtesy exists to ask a person's permission first, a gesture both girls say they do and expect done in return.

In a recent study of more than 5,000 teens, nine out of 10 said they expect to be asked permission before someone posts their photo online if it could be considered negative, says Matthew Johnson, director of education for MediaSmarts.

Teens are aware of the risks of sharing online material, Johnson says. He notes the exhaustive lengths most teens undergo to customize their privacy settings and delete content to curate their accounts so as not to cause trouble with parents and maintain a "perfect" image to their peers.

84%

In a 2014 MediaSmarts study of more than 5,000 Canadian teens, 84 per cent said they had at least one rule when it came to Internet access.

Johnson says this is why apps that promise temporality like Snapchat — in which photo and video messages vanish after viewing them — are soaring in popularity among teens because they are an "escape valve" from the demands of their self-surveillance.

"It removes that need to think very carefully about the impression that you're making. It lets you be casual in a way that you really can't with Facebook or Twitter where something is expected to be permanent."

Teens and permanence

Digital permanence is the most difficult lesson for teens to learn in digital literacy, Johnson says.

"Obviously permanence is general and is a difficult idea for teens. It's not in their nature to see too far beyond the horizon."

He said most teens grasp the basics: online content can be viewed by unintended third parties and then copied and reproduced without their knowledge. But the crux of the problem today is the struggle to get teens to see long-term consequences of what they post online, not simply what their friends might think.

Learning where to draw the line or what to share and with whom is all the harder to navigate for a generation whose communication also happens digitally, says Larry Borins, a teen clinical psychologist in Toronto.

"(Social media) is platform to get attention," Borins said. "It's a microphone — more like a megaphone. Anything that is expressed off-screen is just amplified on-screen."

'The past is the past, right?'

Laura pauses from sending a text to explain that as an exchange student from Colombia, she was advised to purge her online accounts of any inappropriate material before coming to Halifax.

"Here, you come to a host family. They don't know you. So they're going through your Facebook. You don't want them to see you drinking or partying or anything like that," Laura says. "If there's a picture of you drinking, you wouldn't want it on your Facebook because you could go home."

The table of four at this Halifax high school erupts in a round of "Oh yeah"s when I ask if they will be embarrassed by what they see of themselves online by the time they're my age.

"No regrets for that," says Pietro.

"The past is the past, right?"

Borins is as stumped as other experts when it comes to whether young people can afford to make mistakes in an age when their actions can be recorded and shared virally and what that effect will have on them as adults.

67%

Research shows that 67 per cent of girls aged 15 to 17 are likely to post pictures of themselves or friends, compared to 48 per cent of boys the same age.

"Adolescence is all about learning from mistakes and taking risks," he says. "Teens are stepping out into the unknown and they're learning stuff about themselves through that process."

One possibility is young people may find themselves afraid to take as many risks — a hard but necessary reality he speculates will be required to meet the demands of an increasingly online world.

"Once it's printed, once it's out there, you can't retract it; you can't take it down," he says.

However, Johnson says that unlike in previous generations, teenagers' friends (along with their antics) are now colliding with their family and employers as never before through social media, which could lead to a sort of normalization.

Having said that, his answer to resolving issues around online permanence is simple: better education.

"As parents we have to recognize that teaching (teens) to curate their online identity is also teaching them to be able to hide things from us," he says, noting that's a natural part of adolescence.

"That's why it's so important at the same time as we teach them to manage their online privacy, we also make sure to respect their online privacy and reassure them that we have their back, rather than spying over their shoulder."

IN metro TOMORROW

PART II: Age of anxiety
With social media, teens are now taking experimentation with their identity online — spending hours editing and curating the perfect persona. Psychologist Larry Borins argues this is leading to an increasingly anxious generation.

Thousands protest over murder of Farkhunda

KABUL

Marchers demand justice for the mob beating death

Thousands marched through the Afghan capital Tuesday, demanding justice for a woman who was beaten to death by a mob after being falsely accused of burning a Qur'an.

Men and women of all ages carried banners bearing the bloodied face of Farkhunda, a 27-year-old religious scholar killed last week by the mob. Farkhunda, who went by one name like many Afghans, was beaten, run over with a car and burned before her body was thrown into the Kabul River.

Organizers of Tuesday's march — the second protest over the brutal slaying in as many days — estimated that up to 3,000 people took part, calling it one of the biggest demonstrations in Kabul's history. Marchers chanted "Justice for Farkhunda!" and "Death to the killers!"

Amrullah Saleh, a political leader and former director of the intelligence service, the National Directorate of Security, said the demonstrators sought to make Farkhanda an icon of the struggle against "injustice, mob court, street violence, violence against women, lawlessness, extremism'' and, especially the injustice suffered by women.

"She is an example of probably what has happened silently to many,'' Saleh said. "She drew a line with her blood between those who want justice, rule of law, and those who are extreme in their views and who breed in lawlessness."

The Interior Ministry said 28 people have been arrested and 13 police officers have been suspended.

THE ASSOCIATED PRESS

Afghan woman with painted face depicting the blood of Farkhunda. SHAH MARAI/AFP/GETTY IMAGES

WEST AFRICA

Ebola outbreak at age 1

It now sounds almost cliché to call the West African Ebola epidemic unprecedented. But nothing remotely like the outbreak has ever happened with this disease. Only science fiction writers contemplated Ebola on this scale.

That may well have contributed to the catastrophically slow response to the news — disclosed a year ago this week — that Ebola had erupted in Guinea, a country that had never before fought this foe.

Since then, 24,872 people in Guinea, Sierra Leone and Liberia have contracted Ebola and 10,311 have died, figures released Tuesday by the World Health Organization suggest. Another three dozen cases have spilled over into Nigeria, Mali, Senegal, the United States, Spain and Britain.

The following are recollections and predictions from three people who have spent the past year battling Ebola: Dr. Pierre Rollin, a veteran Ebola warrior with the U.S. Centers for Disease Control; Gary Kobinger, head of special pathogens at Canada's National Microbiology Laboratory and Dr. Tim Jagatic, a Windsor, Ont., physician who works for Médecins Sans Frontières.

Paradoxically, some of the Ebola experts were slow to recognize the outbreak's cataclysmic potential. It looked to them like typical Ebola, in a new locale.

"The first wave in Guinea was still a normal outbreak.... (And) the first flare we had in Liberia was supposedly finished," said Dr. Pierre Rollin.

Another expert, Gary Kobinger, said: "The entire first period of the outbreak — I'm talking about March, April and May — the first wave of cases peaked at about 30 cases. There was nothing out of the ordinary."

But Médecins Sans Frontières was concerned from the start. Their alarm was heightened when, within days, cases popped up in the Guinean capital, Conakry, 650 kilometres from where Ebola had first been spotted. Dr. Jagatic, who had never worked on Ebola, landed in Guinea a few days after the first positive test results came in. He thought the situation was bad news from the get-go.

"It was in a major city, with two million people, and this city had fairly low hygienic standards. A recipe for disaster.''

The virus spread quickly into Liberia and then Sierra Leone.

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ISRAEL

Arab leaders reject Netanyahu apology

Arab political leaders in Israel on Tuesday rejected Prime Minister Benjamin Netanyahu's apology for comments he made in last week's national elections that offended members of the Arab community and said his words made him unsuitable to return for a third consecutive term on the job. The spat has touched on long-standing claims of discrimination by Israel's Arab minority, which makes up 20 per cent of the Jewish state, and signalled that the rift will not be healed anytime soon. An Arab advocacy centre in Israel said the country's national elections brought an "unprecedented level of racist incitement.''

In the heat of a close race last week, Netanyahu posted a video on Facebook where he implored hard-line supporters to head to the polls, saying "left-wing organizations" were busing Arabs to the polls.

THE ASSOCIATED PRESS

U.S. JUSTICE

After 22 years in jail, woman speaks out

A woman who spent 22 years on death row in her son's killing tearfully described Tuesday how she suffered twin tragedies in losing her young child and being the victim of a "blatant miscarriage of justice."

Debra Milke spoke out at a news conference a day after her case was dismissed in the 1989 killing of her four-year-old son, who thought he was going to see Santa Claus when he was taken to the desert and shot in the back of the head. Her conviction was overturned by an appeals court that ruled her murder conviction was tainted because of the work of a discredited detective.

Milke, whose mother was a German who married a U.S. Air Force military policeman in Berlin in the 1960s, has drawn strong support from citizens of that nation and Switzerland, neither of which has the death penalty. Prosecutors insist that Milke had her son killed, but they lost their final appeal last week to have her retried.

THE ASSOCIATED PRESS

A rescue helicopter flies over debris of a Germanwings passenger jet that crashed Tuesday in a remote section of the French Alps. The jet was carrying at least 150 people from Barcelona to Duesseldorf. All aboard were assumed killed. CLAUDE PARIS/THE ASSOCIATED PRESS

No survivors expected, as jet carrying 150 crashes in France

FLIGHT 9525

White House and airline say no sign of terrorism

A black box recovered from the scene and pulverized pieces of debris strewn across Alpine mountainsides held clues to what caused a budget airliner to take an unexplained eight-minute dive Tuesday midway through a flight from Spain to Germany, apparently killing all 150 people on board.

The Airbus A320 operated by Germanwings, a budget subsidiary of Lufthansa, was less than an hour from landing in Duesseldorf on a flight from Barcelona when it unexpectedly went into a rapid descent. The pilots sent out no distress call and had lost radio contact with their control centre, France's aviation authority said, deepening the mystery.

While investigators searched through debris from Flight 9525 on steep and desolate slopes, families across Europe reeled with shock and grief. Sobbing relatives at both airports were led away by airport workers and crisis counsellors.

"The site is a picture of horror. The grief of the families and friends is immeasurable," German Foreign Minister Frank-Walter Steinmeier said after being flown over the crash scene. "We must now stand together. We are united in our great grief."

It took investigators hours to reach the site, led by mountain guides to the craggy ravine in the southern French Alps, not far from the Italian border and the French Riviera.

Video shot from a helicopter and aired by BFM TV showed rescuers walking in the crevices of a rocky mountainside scattered with plane parts.

Photos of the crash site showed white flecks of debris across a mountain and larger airplane body sections with windows. A helicopter crew that landed briefly in the area saw no signs of life, French officials said.

"Everything is pulverized. The largest pieces of debris are the size of a small car. No one can access the site from the ground," Gilbert Sauvan, president of the general council, Alpes-de-Haute-Provence, told The Associated Press.

The White House and the airline chief said there was no sign that terrorism was involved, and German Chancellor Angela Merkel urged reporters not to speculate on the cause.

"We still don't know much beyond the bare information on the flight, and there should be no speculation on the cause of the crash," she said in Berlin. "All that will be investigated thoroughly."

Lufthansa Vice-President Heike Birlenbach told reporters in Barcelona that for now "we say it is an accident."

The plane crashed at an altitude of about 2,000 metres at Meolans-Revels, near the popular ski resort of Pra Loup. The site is 700 kilometres south-southeast of Paris.

THE ASSOCIATED PRESS

A school girl lights a candle in front of the Joseph-Koenig Gymnasium in Haltern, western Germany Tuesday. Sixteen school children and two teachers from Haltern were among the 150 people on board the Germanwings plane that crashed Tuesday. MARTIN MEISSNER/THE ASSOCIATED PRESS

"The site is a picture of horror. The grief of the families and friends is immeasurable. We must now stand together. We are united in our great grief.
German Foreign Minister Frank-Walter Steinmeier

THE VICTIMS

United in grief

A stunned German town mourned 16 students who went down aboard Germanwings Flight 9525 on their way home Tuesday from a Spanish exchange, while the opera world grieved for two singers who were returning from performing in Barcelona — one of them with her baby.

"This is surely the blackest day in the history of our town," a visibly shaken Mayor Bodo Klimpel said after the western town of Haltern was shocked by news that 16 students from the local high school and two of their teachers had been on the plane.

Some hugged and cried in front of the Joseph Koenig High School, where the 10th graders had studied, and put candles on its steps. Others changed their Facebook cover photos to black, with the simple message "Haltern mourns; In memory of the victims of the March 24, 2015 plane crash."

"You can feel a state of shock everywhere," Klimpel said at a hastily called press conference at city hall. "This is pretty much the worst thing you can imagine."

The town of 38,000 lies about 80 kilometres northeast of the plane's destination of Duesseldorf.

THE ASSOCIATED PRESS

Oil price shock not same for provinces

Falling prices at the pumps, as seen at this Ontario gas station late last year, played a big role in slowing inflation to 1.5 per cent in December. DOUG IVES/THE CANADIAN PRESS

ECONOMY

Ontario, B.C. could lead country in growth rate

Canadian households may save an average of $800 at pumps in 2015 — but as much as $600 of those savings will go to paying for the higher costs of imported consumer goods, TD Economics says in its latest forecast on the economy.

Overall, TD trimmed its outlook for the Canadian economy, as it predicted that lower prices for crude oil will take a bite out of corporate profits and business investment. That, in turn, will lead to lower consumer spending and a softer job market, according to the report released Tuesday.

On the plus side, a weaker Canadian dollar and growth in the key U.S. export market will help offset the negative effects of the collapse in crude.

"We anticipate that the Canadian economy will weather the current oil-price storm, with calm seas expected to follow the current choppy waters," said the report, written by economists Craig Alexander, Derek Burleton and Randall Bartlett.

TD estimates that the economy will expand by 1.9 per cent this year, down from 2.3 per cent in its earlier forecast.

"It's pretty close to the long-run average pace of growth we're going to see in the economy," Alexander, TD chief economist, said in an interview.

The oil price shock — crude prices are trading at less than half of last year's peak — will be seen in huge regional differences on the economy.

For the first time in more than a decade, Ontario could be the fastest-growing province in the country, Alexander said.

"It's a horse race between Ontario and B.C. Those provinces are going to feel like things are getting better. Growth rates will get close to three per cent," Alexander said.

> **"It's a horse race between Ontario and B.C.**
> Craig Alexander, TD chief economist

"You can have a debate about whether Alberta will be in recession, but it's going to feel like one."

TD sees the Canadian dollar declining to about 75 cents US over the next few quarters. That's a decline of about 20 per cent from its recent peak of 94 cents US in mid-2014.

A Canadian dollar below about 84 to 82 cents US is a competitive advantage for Canadian businesses, Alexander said.

TORSTAR NEWS SERVICE

market minute

DOLLAR 79.99¢ (-0.02¢)

TSX 15,081.26 (+124.05)

OIL $47.51 US (+6¢)

GOLD $1,191.40 US (+$3.70)

NATURAL GAS: $2.786 US (+ 5.3¢)
DOW JONES: 18,011.14 (-104.90)

Bikini Village sold

Lingerie and swimwear retailer Boutique La Vie en Rose plans to expand Bikini Village stores across Canada and abroad after reaching an agreement to buy the insolvent bathing-suit chain. La Vie en Rose CEO Francois Roberge said he paid less than $4 million for the company, which he tried to buy three times over the past 12 years. About 300 jobs will be preserved, but half of the 50 head-office jobs will be lost as it merges the headquarters of the two companies. It also plans to close four locations in Quebec.

THE CANADIAN PRESS

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metro VIEWS
Your essential daily news
Wednesday, March 25, 2015

PRO CON

Should we bomb Syria and Iraq?

YES: Canada needs to deny ISIL a safe haven.

ISIL fighters are crossing the border into Syria from Iraq to avoid our bombs. Airstrikes against ISIL, Prime Minister Stephen Harper argues, will keep the terrorist group on the defensive and unable to organize attacks on Canadian soil. The terrorist group has named Canada and Canadians as targets, in addition to saying people should be killed for not following its interpretation of religion.

NO: ISIL has no proven ability to attack on Canadian soil.

Expanding the mission to Syria would only help President Bashar al-Assad's regime, which is accused of serious crimes against its own people. Instead, an effective public relations campaign would help counter the group's ideology. Previous occurrences, such as the attack on Parliament Hill, were committed by lone-wolf, homegrown terrorists.

How climate change is like World of Warcraft

THE SCIENCE
Stephanie Orford

Any military strategist, chess player or World of Warcraft gamer will tell you that winning isn't just about reacting to the situation at hand. If you really want to get ahead, you need to understand the big picture, have a strategy, and make each move with your end goal in mind.

Canada should battle climate change the same way.

Wherever humans adapt to climate change, we stand to do even more damage if we're not careful, according to a study published in the March issue of Nature Climate Change. Applying computer modelling to more than 40 years of climate data, the researchers found that in the U.K., the warming climate could supercharge the country's agricultural potential.

Reaping these benefits without thought to their consequences, however, would have significant negative effects downstream — literally.

The increased amounts of fertilizer needed for this expanded agricultural output would impact water quality, potentially causing U.K. rivers and streams to become choked up with algae, killing off existing ecosystems, degrading water quality.

This scenario could easily apply to Canada. We have a similarly temperate climate and more than eight times the cultivated land of the U.K.

If we don't consider — and regulate — the environmental effects of expanding our agriculture, the negative effects of taking advantage of greater arable land in Canada could be equally magnified.

Agriculture isn't the only area where adaptations could cause damage, say the authors. The same effect could happen in sectors including power, forestry and fisheries — all crucial components of Canada's economy.

If managed wisely, Canada's vast natural resources hold great opportunities to adapt to climate change. They also pose great risk if they're mismanaged. Biofuels — a "green" energy source that may do more harm than good — are a good example.

A 2014 report by the United Nations warned that growing crops for the production of biofuels drives up food prices by decreasing the availability of land available for food cultivation, puts pressure on the water supply, and still harms the environment with carbon emissions.

The Canadian Arctic is another area where we need to tread carefully. As the Arctic thaws, would expanding our development and agriculture there create greater prosperity? Possibly in the short-term, but it also has the potential to damage one of the world's most fragile wildlife habitats.

To continue fighting climate change and adapt to the changes that are already happening, we need to shift our perspective profoundly, weighing the risks and benefits of each adaptation to make sure we're not trading one environmental disaster for another.

As the study's authors say: "Instead of waiting for ecosystems to be in danger and then trying to save them, we can anticipate a potential problem and do something about it before it becomes an actual threat."

Stephanie Orford is a Vancouver-based writer. The Science appears every other Wednesday.

ROSEMARY WESTWOOD
metroview

"We may have reproductive freedom, but economic freedom?"

A freezer is a time machine, according to my parents. Cooked pasta, blocks of cheese — they've never met a food they won't freeze and expect to retrieve months later, unchanged.

It's the same logic driving a wave of women into fertility clinics to press "stop" on their biological clocks.

Elective egg freezing, once a fringe movement, is becoming mainstream. The U.S. company EggBanxx hosts "egg freezing parties." A Vancouver fertility clinic has seen the number of interested women triple in the last five years.

For a price of $7,000 to $11,000, plus extra for storage in a -197 C liquid-nitrogen filled tank that resembles a large soup pot, young women in cities across the country can freeze time for their eggs, like the stalled decay of dad's two-year-old chili.

I say that's fantastic. For the young and female who might want kids someday, 35 is the baby-making cliff, after which the chance of getting pregnant plummets. Egg-freezing gives you more time to get an education, find a partner and earn lots and lots of money.

Because if a woman wants to unfreeze and implant her egg — for another few thousand dollars — and then actually raise her child alone, she'd better be rich.

We may now have reproductive freedom, but economic freedom? Hardly.

Even for the relatively privileged pulling in $80,000, like my friend, Sarah, let's call her.

Sarah spent $11,000 to freeze her eggs because, like many others making the decision, she wants a child, but so far hasn't met the right partner. She didn't balk at the fertility costs. The number that finally got her was the cost of raising a kid in Toronto. Even with a great salary, she'd be left, she says, living in relative poverty. After rent and insurance, there' would be only a few hundred dollars left each month from her mat-leave pay to cover food, transit, diapers and whatever else a baby needs — and that assumes she would keep living in a one-bedroom apartment.

Granted, Sarah lives in one of the country's most expensive cities. But increasingly, so do most of us. The cost of living in Vancouver or Calgary isn't cheap, either.

What's the good of reproductive freedom if you can't afford a child on your own? And what does it say about our cities if a generous $80,000 isn't enough?

Fertility clinics catering to single, baby-wanting women aren't responsible, of course, for informing Sarah and others about the cost of the actual baby. But the clinics may need to find some extra storage to house those frozen vats of eggs, because more and more single women aren't going to admit reproductive defeat. Economic defeat may be another matter.

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Your essential daily news
Wednesday, March 25, 2015

Top plating trends for spring

FOOD

Add flare to your dinner party with these tips from Canada's top chefs

Vawn Himmelsbach
For Metro

As the days get warmer, chefs are switching to fresher, lighter fare and designing plates to match. Metro talks to some of Canada's top chefs about on-trend plating for spring and how to copy their looks at home to impress dinner guests — no chef tweezers or ring moulds required.

"Let's be honest, we're slaves to Instagram," said Chef Brett Howson of Toronto's Parlor Foods & Co. Thanks to social media, presentation is more important than ever. "Flavour comes first, but we all know we eat with our eyes."

To create a lighter feel on the plate, chefs are plating along the sides or corner, or even plating on the rim. "It creates that negative space and lightens things up," said Chef Duncan Ly with Calgary's Kensington Riverside Inn.

Colour is another trend, say top chefs, as people long for the vibrant pop of spring. This is achieved through the use of petite vegetables such as baby radishes and heirloom carrots, as well as micro-greens, herbs, shoots, buds and edible flowers.

"As we move into spring, we want the plate to look light and have more height so that it has the appearance of sprouting and new beginnings — because it's like a renewal in the spring," said Chef Vanessa Bourget with Vancouver's Exile Bistro.

But simplicity can still involve complexity. "You want it to be complex in flavour, but you want it to look effortless," she said.

These days, even Michelin-starred chefs are taking a simpler approach to food, said Chef Craig Flinn with Chives Canadian Bistro in Halifax. "There are a smaller number of elements on a plate," he said, "but they're perfectly executed."

Flinn also suggested creating a more casual feel on the plate, but emphasizing elegance. "We're trying to get away from the plain white plate," he said. That means using different textures, such as wood, stone, tile and even handmade pottery.

"The trend is moving away from contrived-looking food to a more natural, free-flowing style of presentation," said Ly. "With farm-to-table being more trendy, we see more of that rustic-looking plate ware."

VANCOUVER

1 Tall spirals

Chilled risotto with truffles, shaved fennel, purple carrots and candy-cane beets for garnish, with a huckleberry peppercorn vinaigrette. Chef Vanessa Bourget with Vancouver's Exile Bistro recommends using a spiralizer to create tall, spiral shapes that add height and dimension to a dish. She also recommends plating "off to the side," to create negative space. WITH FILES FROM THANDI FLETCHER/METRO VANCOUVER

Plating is just a residual of people looking at food in more artistic ways, so you're using the same principle as a painting
Chef Vanessa Bourget with Vancouver's Exile Bistro

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HALIFAX

2 Rustic elegance

Cauliflower curry with spice-crusted halloumi cheese and spring asparagus. "Whatever that food is resting on is a key, well-thought-out part of what you're experiencing — a beautiful, rustic slab of pine or oak that appears to be a charcuterie board ... It's rustic and sensual at the same time," said Chef Craig Flinn of Halifax's Chives Canadian Bistro. PHOTO: JEFF HARPER/METRO HALIFAX

TORONTO

3 Colour pop

Québécois cheval tartare with gherkins, shallots and Pommery mustard served on a piece of roasted bone marrow, cut canoe-style and served on a long, colourful platter. It's topped with chives, parsley, coriander stems, sorrel, capers, shallots, pickled red onions and house-made potato chips — with a splash of Tabasco. "This is the 'I'm tired of the cold winter and ready for spring' version," said Chef Brett Howson of Toronto's Parlor Foods & Co. PHOTOS: LIZ BEDDALL/METRO TORONTO

CALGARY

4 Soup on the side

Garlic soup with crispy fried escargot, shaved radishes, micro-herbs and flowers, a fresh herb purée and a clam tuile (or clam cracker). A hot trend for spring is serving tableside sauces, broths and soups — an easy plating trend to copy at home. It allows you to "get that visual impact of the dish first before you pour the soup or sauce in," said Chef Duncan Ly with Calgary's Kensington Riverside Inn. WITH FILES FROM JENNIFER FRIESEN/METRO CALGARY

AT-HOME TIPS

- Head to a farmers market and pick up in-season vegetables like asparagus, fiddleheads and kale.
- Stay away from plain white plates; look for rustic, natural textures. Or go retro with grandma's old plates.
- Create negative space for visual impact by plating food in a "C" shape, in the corner or around the rim of the plate.
- Try serving sauces and even starches on the side, for a more refined, elegant presentation.

DRINKS

Seasonal Canadian beer

LIQUID ASSETS

Peter Rockwell
@therealwineguy

As bearded hipsters and the exploding population of beer nerds raise a glass to craft beer here in Canada, European innovative brews have been a part of the liquor landscape for centuries.

The trend by our local brewers to bottle seasonal offerings (those made to celebrate a certain time of year or with special ingredients) is a page ripped right out of the Euro brewmaster's handbook.

In Germany, winter can hang on as long it does here, so breweries have taken to creating variations on their famous Bock style of beer to match the season cycle.

Considered a strong lager, a Bock is generally malty, dark and boozy, which fits the winter months like a glove.

Though still high in alcohol (seven per cent), a Maibock is a golden interpretation with a softer, smoother mouth-feel to match with spring.

Holsten's Maibock (500 ml, $2.50 – $3.49) is actually made all year, with enough sweet maltiness to pair with ham, pork and spicy cuisine.

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PANTRY STAPLE

Sriracha now a tourist destination

It took 50 years for spicy lover Sriracha to evolve from its humble beginnings in a kitchen in 1930s Thailand to an international hot sauce that only those who love Asian foods would know in the 1980s.

But now, the heat is on everyone's lips. A recent food and travel report named San Francisco the top culinary destination for food lovers last fall, citing the city's love affair with Sriracha sauce as one of its star attractions. The sauce is being used not only as a condiment but also as a spicy, barbecue glaze for grilled meats, particularly chicken.

The original special blend of peppers, vinegar, salt and sugar comes in a simple squeeze bottle with a rooster on it (commonly known as "cock sauce") and a green lid. It is a flavour that is unseating chipotle (even before everyone has stopped mispronouncing it as "chip-pole-tea").

Everything from potato chips to sandwiches now has the Sriracha (see-raw-cha) moniker — if not the flavour.

Pick up the original at any grocer and use it in creative ways:

- A few squirts in spice bread, banana loaf or chocolate cake will add a complex je ne sais quoi
- Mix with cream cheese and top scrambled eggs
- In Bloody Caesar or Bloody Mary mixes
- Add to lime peel and coarse salt and use as a rimmer for margaritas
- Toss sliced apples into a teaspoon of sauce and slip into a grilled cheese
- Mix into melted butter and garlic and spread onto baguette for instant spicy garlic bread

And when you have exhausted your passion for this sauce, move on to the next hottest thing: kimchi.

AFP FILES

Ugly Food finds beauty and savings in flaws

FOOD

The imperfect produce craze may help to reduce waste

For anyone who's snapped an Instagram picture of a bowl of fruit (10 million photos prove people do) and admired its natural beauty and symmetry, take note: Don't judge a fruit by its skin.

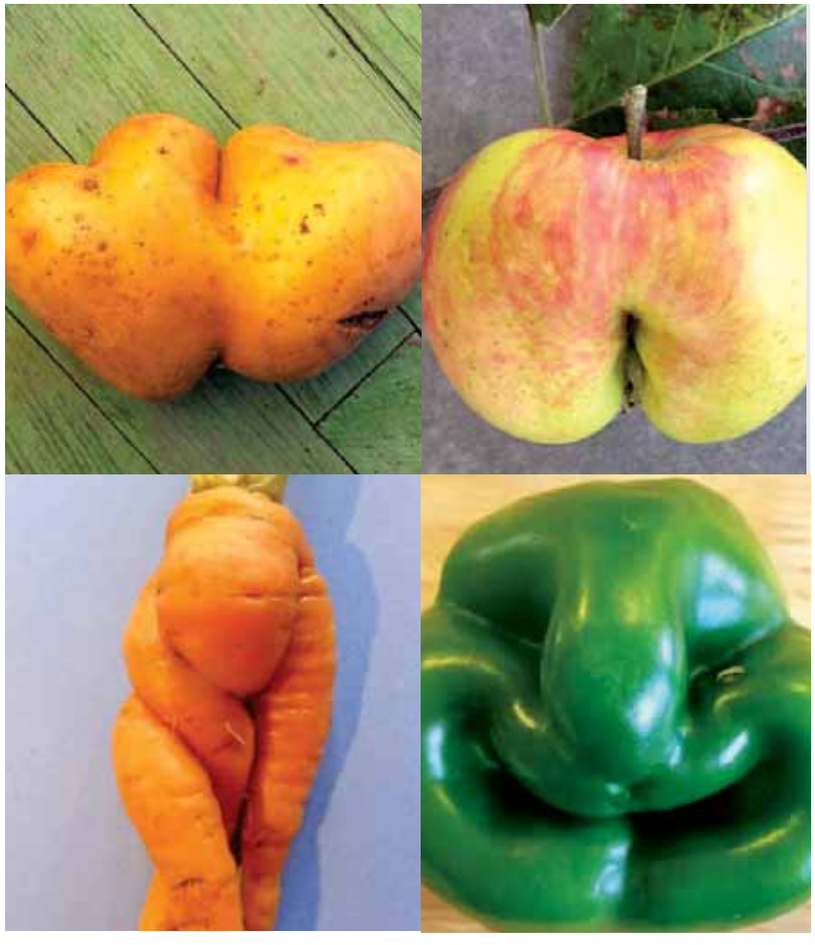
The Ugly Food trend that emerged in Europe to reduce food waste is taking off. And judging by the thousands of photos of misshapen apples, and mutant carrots hashtagged #UglyFood and #UglyFruit, people are discovering the unique visual beauty in imperfect produce.

A 2015 report estimates food waste globally may amount to as much as $400 billion a year.

Some European supermarkets have joined the race against food waste in the form of smart marketing and repackaging campaigns. Among them are UK ASDA's Wonky Fruit and Vegetables, Woolworth's Odd Bunch, and Intermarche in France selling Inglorious Fruits and Vegetables.

Closer to home, Loblaws launched its Naturally Imperfect brand, selling ugly fruits and veggies for 30 per cent off.

METRO



People are discovering the beauty in imperfect produce. INSTAGRAM: @UGLYFRUITANDVEG

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Angelina Jolie goes back under the knife

CANCER

Actress has preventive surgery to remove ovaries

Angelina Jolie ALL PHOTOS GETTY IMAGES

Oscar-winning actress Angelina Jolie revealed Tuesday that she has undergone more preventive surgery, having her ovaries and fallopian tubes removed in hopes of reducing her risk of cancer.

Writing in the New York Times, the filmmaker and philanthropist said that a recent blood test showed a possible early sign of cancer. The news came as a blow to the star, as she has already had a double mastectomy.

"I went through what I imagine thousands of other women have felt," she wrote. "I told myself to stay calm, to be strong, and that I had no reason to think I wouldn't live to see my children grow up and to meet my grandchildren."

Jolie, 39, revealed two years ago that she carries a defective breast cancer gene that puts her at high risk of developing breast and ovarian cancer.

Her mother died of ovarian cancer, and her maternal grandmother also had ovarian cancer — strong evidence of an inherited, genetic risk that led the actress to have her healthy breasts removed to try to avoid the same fate.

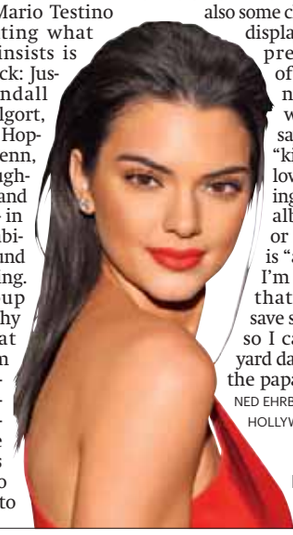
Jolie said that while having the gene mutation alone was not a reason to resort to surgery — other medical options were possible — her family history influenced her decision to have further surgery now. THE ASSOCIATED PRESS

YOUNG HOLLYWOOD

Biebs and Kendall the new Brat Pack?

Vogue has tasked veteran photographer Mario Testino with documenting what the magazine insists is the new Brat Pack: Justin Bieber, Kendall Jenner, Ansel Elgort, Gigi Hadid, and Hopper and Dylan Penn, the son and daughter of Sean Penn and Robin Wright — in their natural habitat, lounging around a pool and pouting.

And the group even gets a catchy new name that only makes them more insufferable: The Instagram Aristocracy. And if the photos of the kids aren't enough to make you want to climb onto an ice floe, there are also some choice quotes displaying an impressive lack of self-awareness, like when Bieber says he's been "kind of on the low, just working on the new album" lately or how Jenner is "aware when I'm at the gym that I need to save some energy so I can do a 40-yard dash" to avoid the paparazzi. NED EHRBAR/METRO IN HOLLYWOOD



Kendall Jenner

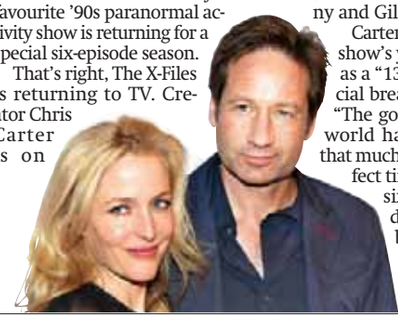
SERIES REBOOT

The truth is out: X-Files returns

Fox has announced that your favourite '90s paranormal activity show is returning for a special six-episode season.

That's right, The X-Files is returning to TV. Creator Chris Carter is on board, as are stars David Duchovny and Gillian Anderson.

Carter referred to the show's years off the air as a "13-year commercial break" and added: "The good news is the world has only gotten that much stranger, a perfect time to tell these six stories." n air date has not been set yet. LISA WEIDENFELD/METRO IN NYC



PRETTY WOMAN

How Julia hooked Richard

Stars Richard Gere and Julia Roberts reunited with director Garry Marshall on the Today show to celebrate the film's 25th anniversary, and Gere recounted how meeting Roberts put an end to his waffling about signing on for the project.

"We loved each other immediately. It was a nice thing. But to be honest, I didn't know if I was doing this movie yet," Gere says. "(Marshall) calls up and is kind of like, 'How's it going?' ... She takes a piece of paper and she's writing something on it ... and she pushes it to me and it said, 'Please say yes.'" NED EHRBAR/METRO

WOMAN IN GOLD

Reynolds inspired by Klimt

Ryan Reynolds visited Vienna's Belvedere Palace and viewed Gustav Klimt's Portrait of Adele Bloch-Bauer I on a backpacking trip in the '90s, which inspired him to take on a part in Woman in Gold. THE ASSOCIATED PRESS

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Outfit change planned long ago

FASHION

Joe Mimran reveals the transition at Joe Fresh wasn't hasty

Joe Mimran greets the audience after the Joe Fresh show during Toronto Fashion Week. CHRIS YOUNG/ THE CANADIAN PRESS

While his departure from Joe Fresh may have seemed sudden, Joe Mimran said the transition had been months in the making.

Mimran said he'd been planning the move for the last 18 to 24 months with Galen Weston, president of grocery giant Loblaw, which owns the Joe Fresh brand.

Mimran said the number of years he had devoted to the industry was among his reasons for stepping down.

"We've been talking a lot about succession and how do you do it right and how do we do it properly and how do we do it without disrupting the marketplace," Mimran said in an interview at Toronto's World MasterCard Fashion Week.

"There's been a lot of thought that's gone into it."

Company president Mario Grauso has now taken the reins of the affordable apparel label.

But Mimran said he still remains under contract for 10 days a year for the next few years.

"That's a lot for a creative person. You can do a lot in that time."

For years, Mimran and Joe Fresh were a familiar presence on the Toronto runway. That all changed last fall when Mimran announced the label was ending future presentations, saying all shows would be geared towards the wholesale market.

On Monday, Mimran found himself in the role as style spectator for Pink Tartan, the womenswear label where his wife, Kimberley Newport-Mimran is president and head designer.

"It's very different for me," he admitted.

"I kind of miss the action of the show and sort of the adrenalin rush you get from a show. But, I also don't miss the pressure. It's nice for me to be able to just switch gears."

Mimran is getting ready for his close-up as he joins the business bosses fielding pitches from eager entrepreneurs on the CBC-TV series Dragons' Den.

Mimran said he is excited to hear of the new ideas and ventures when he films the new season airing this fall.

"The fashion business is the hardest business in the world and I think people will acknowledge that," he said. "I think that I will come in with a really interesting perspective on how hard it is to be in business and how it changes and how you have to be resilient."

THE CANADIAN PRESS

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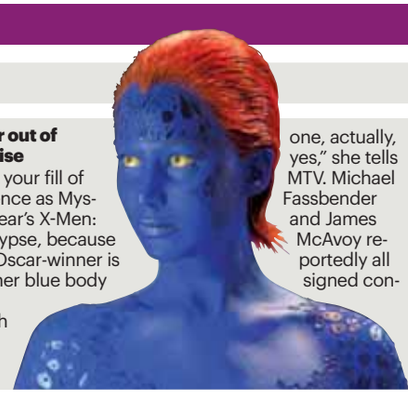
ENTERTAINMENT IN BRIEF

HBO lets the Dogg in
Snoop Dogg has teamed up with HBO as producer on a new family drama on the network. Snoop will likely draw on memories of his Long Beach upbringing to produce the series, which centres on an L.A. family in the 1980s. The untitled project is still in the early development stage. AFP

Snoop Dogg. GETTY IIMAGES

JLaw to slither out of X-Men franchise
You better get your fill of Jennifer Lawrence as Mystique in next year's X-Men: Age of Apocalypse, because after that the Oscar-winner is putting away her blue body paint and calling it quits with the franchise. "It is my last one, actually, yes," she tells MTV. Michael Fassbender and James McAvoy reportedly all signed contracts for three films. Co-star and ex-boyfriend Nicholas Hoult, on the other hand, said he is open to negotiation. NED EHRBAR/METRO



GETTY IIMAGES

Ben there, done that
Ben Stiller and Owen Wilson made Zoolander fans giddy when they closed the Valentino show during Paris Fashion Week this month. It was a manoeuvre to announce Zoolander 2, due out next year. "I was a little surprised," Stiller said. "I mean it's been 15 years since the movie came out so we really didn't know if people ... cared, and it was nice to know that there was a little bit of a connection there." THE ASSOCIATED PRESS

Cuthbert finds her One Big Happy

TELEVISION

Actress dishes on working with Ellen

Lisa Weidenfeld
Metro | New York City

Elisha Cuthbert has come a long way from staring down a cougar as Jack Bauer's oft-imperilled daughter on 24. After a stint as the slightly daffy Alex Kerkovich on the much-loved but tragically cancelled Happy Endings, Cuthbert decided to stick with comedy, and found her way to One Big Happy. The show, produced by Ellen Degeneres, finds her playing Lizzy, a lesbian who decides to have a baby with her straight best friend Luke (Nick Zano) just as he marries Prudence (Kelly Brook).

What made you decide to move on to this show from Happy Endings?
I think I took the longest time to get on something else. Everyone was so brilliant on that show that it was a weird thing where I didn't know what to do after that. I was a little bit shell-shocked.

But you knew you wanted to stick with comedy?
I just had so much fun on Happy Endings ... and to be in front of a live audience is mind-blowing.

Is it scary to go out in front of the crowd?
I got used to the workload that would come with it. I love the schedule, but I will never get over the fear. I feel like the fear is never going to leave me. I don't know how other sitcom actors — like the Friends cast or Seinfeld — I don't know how they felt about it. ... Because I'm petrified until that first take.

What kind of feedback does Ellen provide?
Great notes. She comes and warms up the audience, which is terrifying, because then we have to follow the funniest human being.

Elisha Cuthbert, left, is Lizzy, and Kelly Brook is Prudence in One Big Happy. CONTRIBUTED

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TV PREMIERE

Don't hold your breath for the next George R.R. Martin book

George R.R. Martin has been feeling the heat to finish The Winds of Winter, the long-awaited sixth novel in his bestselling series, A Song of Ice and Fire, but he is not letting the pressure rush his writing.

"There is more pressure every year," Martin said Monday in San Francisco at the U.S. premiere of the fifth season of Game of Thrones, the HBO television series based on his books. "The main thing is to make the book as good as I can possibly make it."

Martin, 66, has completed five of seven planned novels: The most recent, A Dance With Dragons, came out in 2011, the same year the Emmy-winning television adaptation first aired. With this season, the series will have exhausted almost all the material from the existing books.

George R.R. Martin. GETTY IMAGES

"Fifty years from now nobody is going to care how frequently the books came out," he said.

"They will care if the books are as good as they can possibly be, if the books stand the test of time.

"That's what I struggle with as I write."

Martin and 24 cast members sat among the audience that watched the first episode of Season 5 at San Francisco's War Memorial Opera House, a palatial building aptly suited for the television show about a mythical kingdom. It was packed with 3,000 people. THE ASSOCIATED PRESS

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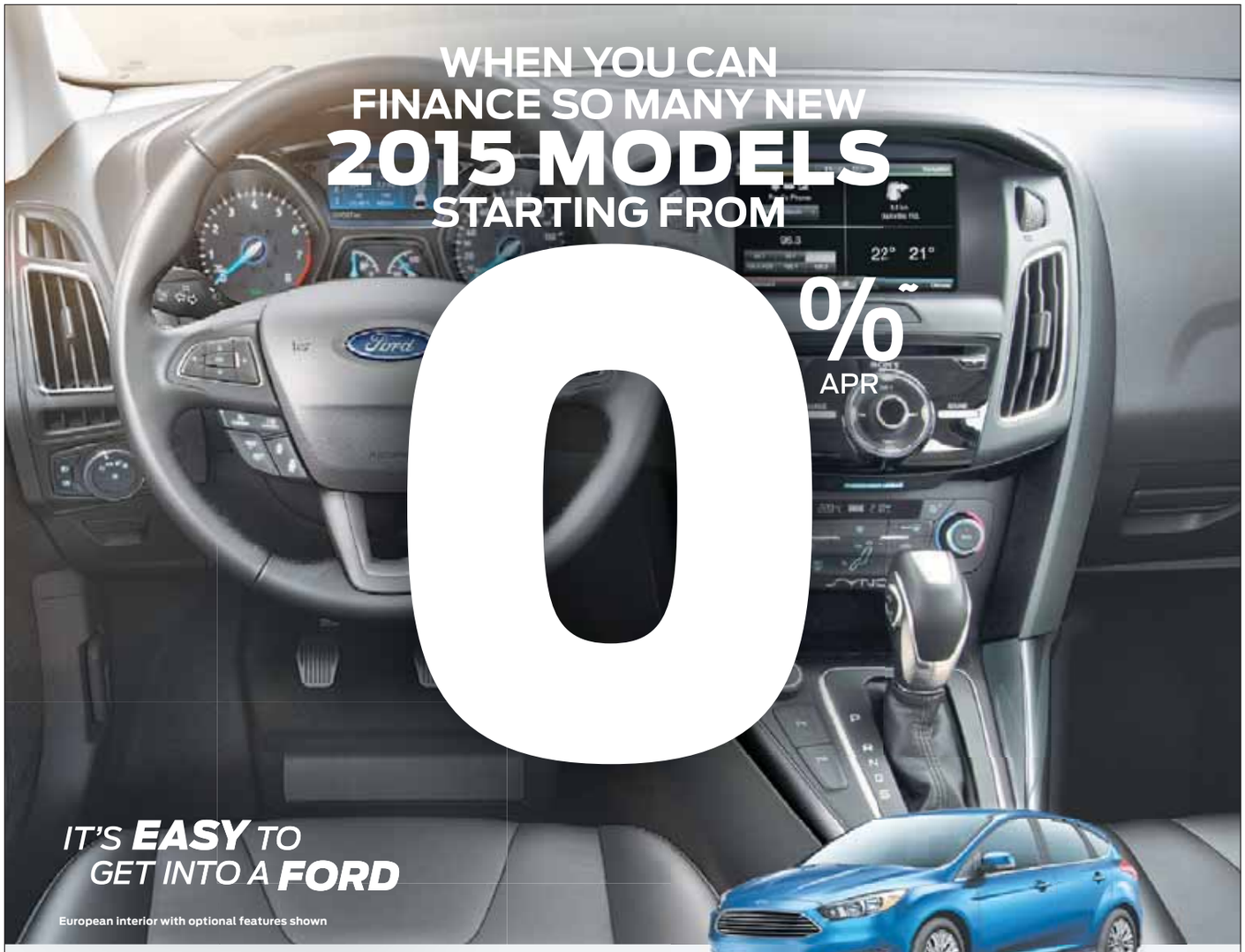

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Retail offers not combinable with any CPA/GPC or Daily Rental incentives, the Commercial Upfit Program or the Commercial Fleet Incentive Program (CFIP). **Until March 31, 2015, lease a new 2015 Ford [Focus Sedan SE/Focus Sedan Titanium/Fusion S FWD/Fusion Titanium AWD]/[Escape SE FWD 2.5L Cargo Package(200A)/Escape Titanium AWD]/Escape SE FWD 2.5L Cargo Package/Escape Titanium FWD] for up to 48 months, and get 0% APR on approved credit (OAC) from Ford Credit. Not all buyers will qualify for the lowest APR payment. 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All prices are based on Manufacturer's Suggested Retail Price. Some conditions and mileage restriction of 64,000km for 48 months applies. Excess Kilometre charges are 12¢ per km for Fiesta, Focus, C-MAX, Fusion and Escape; 16¢ per km for E-Series, Mustang, Taurus, Taurus X, Edge, Flex, Explorer, Escape, Mustang, Transit Connect, Transit Wagon and Transit Cargo Van; 20¢ per km for Transit Chassis Cab and F-150; 25¢ per km for Super Duty and Transit Chassis Cab; and 30¢ per km for F-650 and F-750. Lease a new 2015 Fiesta, Focus, C-MAX, Fusion, Escape, Edge, Flex, Explorer, Mustang, Taurus, Taurus X, Transit Connect, Transit Wagon and Transit Cargo Van only and are calculated as follows: the monthly payment is annualized (multiplied by 12) and then divided by the comparison period (26 for bi-weekly, 52 for weekly and 365 for daily). For example, [$299 X 12) / 26 bi-weekly period = $138, 52 weeks = 66 / 365 days = $9.83. Until March 31, 2015, receive 0% APR purchase financing on new 2015 Edge models for up to 36 months, and 2015 Flex, Escape, Mustang (excluding Shelby GT350 and 50th Anniversary Edition), and 2014 Edge models for up to 60 months, and 2015 Focus, Fiesta, Fusion and Taurus models and 2014 Focus (Excluding BEV) models for up to 72 months, and 2014 Focus (Excluding BEV) models for up to 84 months, to qualified retail customers, on approved credit (OAC) from Ford Credit. Not all buyers will qualify for the lowest interest rate. Example: $25,000 purchase financed at 0% APR for 36/60/72/84 months, monthly payment is $694.44/$416.66/$347.22/$297.62, cost of borrowing is $0 or APR of 0% and total to be repaid is $25,000. Down payment on purchase financing offers may be required based on approved credit from Ford Credit. ‡Based on Canadian Vehicle Manufacturers' Association year-end 2007 - 2014 total sales data for utility segment vehicles in Canada. ΦBased on year-end 2014 IHS Inc. retail and fleet vehicle registrations data for Canada in the midsize segment. ¥Until March 31, 2015, receive $1,000/ $1,500/ $2,250/ $2,500/ $1,500 in Delivery Allowances with the purchase or lease of a new 2014 Focus Sedan (excluding S), Focus ST, Focus BEV / 2014 Focus Hatch (Excluding S, ST, and BEV)/ 2014 Focus S Manual/ 2014 Focus SE Sedan which, for cash purchase customers only, is combinable with $1,500/ $1,500/ $1,500/ $1,500/ $0 in Non-Stackable Cash for total Manufacturer Rebates of $2,500/ $3,000/ $3,750/ $4,000/ $1,500. Offers are not combinable with CPA, GPC, CFIP, Daily Rental Allowance and A/V/Z/D/F-Plan programs. Delivery allowances are not combinable with any fleet consumer incentives. 'non-stackable cash' is available to cash purchase customers and customers not financing or leasing through Ford Credit. 'Non-stackable cash' is not combinable with Ford Credit purchase financing or lease rates. ^Offer only valid from March 3, 2015 to April 30, 2015 (the "Offer Period") to resident Canadians with an eligible Costco membership on or before February 28, 2015. Receive $1,000 towards the purchase or lease of a new 2015 Ford (excluding Fiesta, Focus, C-MAX, GT350, GT500, F-150 Raptor, 50th Anniversary Edition Mustang, and Medium Truck) model (each an "Eligible Vehicle"). Eligible Vehicles on 2014 model year may qualify for the offer depending on available inventory – see dealer for details. Limit one (1) offer per each Eligible Vehicle purchase or lease, up to a maximum of two (2) separate Eligible Vehicle sales per Costco Membership Number. Offer is transferable to persons domiciled with an eligible Costco member. Applicable taxes calculated before CAD$1,000 offer is deducted. ©2015 Sirius Canada Inc. 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metro DRIVE
Your essential daily news
Wednesday, March 25, 2015

A big truck that's light on its feet

REVIEW

The all-new Ford F-150 is a lighter-weight knockout

Jil McIntosh
For Metro

It doesn't get much more off-road than this scene: I'm up to the middle of my winter tires in snow, climbing a steep path cut into the hill of a quarry.

It's part of an event Ford held recently in Quebec to demonstrate the overall ability of its all-new 2015 F-150 pickup truck.

The biggest news about the popular F-150 is Ford's weight-saving decision. By replacing the steel body with one made entirely from aluminum and using a more high-strength steel in the frame, Ford has changed its game entirely.

Weight loss can improve fuel economy and also the truck's overall capability, since the ratings include the weight of the truck, plus everything it's carrying and towing.

By reducing the truck's weight you can essentially transfer that amount to the load. The new F-150's maximum payload is now 1,497 kg (3,300 lbs.), while top towing rises to 5,534 kg (12,200 lbs.).

Three engines are carried over from the 2014 model: a naturally aspirated 3.5-litre V6, turbocharged 3.5-litre EcoBoost V6, and 5.0-litre V8. There's also an all-new turbocharged 2.7-litre EcoBoost V6 that does an excellent job of pulling around this lighter-weight truck.

The idea behind the turbo engines is that they provide bigger-engine power when it's needed, but deliver smaller-engine fuel efficiency when not.

That said, if you're the type who drives with your foot to the floor, or you tend to tow or haul a great deal, you will probably use far more fuel than the published figures suggest.

I like how the F-150 drives: Even though it's a big truck, that weight loss and its smooth steering make it feel like it's smaller.

If there are any complaints, it's that the ride can get bouncy on rougher roads, and the interior, while much improved, isn't as notable as some of its competitors.

However, the truck is impressive overall, whether tackling dry pavement, or the ice and snow of a rural Quebec road in winter.

The pickup truck segment seldom sees a change as massive as the F-150's construction, but I think this model is going to remain as popular with buyers as it always has been.

MORE ONLINE
metronews.ca

THE CHECKLIST | 2015 FORD F-150

THE BASICS

Type. Two- or four-door full-size pickup truck.
Engines (hp/torque).
2.7-litre turbo V6 (325/375);
3.5-litre V6 (283/255);
3.5-litre turbo V6 (365/420);
5.0-litre V8 (385/387)
Transmissions.
6-speed automatic
Price. $24,899 (excluding destination)

COOL FEATURES

Available LED headlights, 360-degree camera, tailgate step, BoxLink cargo cleats, stowable loading ramps, side-mirror spotlights, self-parking system, and power-operated liftgate.

POINTS

- The new 2.7-litre V6 includes auto start/stop, which shuts off the engine at idle and restarts automatically when needed, for maximum fuel efficiency.
- It was named 2015 Truck of the Year by the Automobile Journalists of Canada (AJAC).

MARKET POSITION

The F-150 has been Canada's best-selling truck for 49 years. The aluminum body is a bit of a gamble, and Ford is working with the collision industry on the unique training and equipment needed to repair it.

THE COMPETITION

Chevrolet Silverado
Base price: $27,000

Ram 1500
Base price: $28,195

Toyota Tundra
Base price: $27,820

DESIGN

Land Rover unveils Defender tailor-made by Paul Smith

To mark the iconic off-roader's final year of production, Land Rover has turned to the colourful British fashion designer Paul Smith.

The brand has given him a 2015 Defender, carte blanche in terms of styling, and full access to the company's new Special Vehicle Operations (SVO) division in order for the designer to build something truly unique.

The result, which can now be seen in the flesh at Smith's Mayfair shop, features 27 exterior colours plus hand-painted exterior detailing, while the interior is a mix of fabric and leather.

"I keep a Defender at my home in Italy which is in the middle of the countryside, so it's the perfect vehicle to cope with the rugged terrain," said Smith.

Smith says that his design and the final colour palette were inspired by the British countryside and by the British armed forces, the Defender's two natural habitats. "I wanted deep, rich colours, but at the same time, I wanted them to work together yet be surprising."

For instance, there is a hand-painted bee motif on the roof.

"Another little tongue-in-cheek reference to the countryside and the heritage of the car," says Smith.

> **The Defender is a British icon, which is something I'm exceptionally proud of**
> Designer Paul Smith

The Land Rover has been in continuous production since 1948 and the car's look has hardly changed in its 67 years.

However, all of that is set to change when the Land Rover is retired at the end of 2015 to make way for a new off-roader that can meet the latest crash test safety and emissions legislation. The Paul Smith Land Rover is the latest in a series of special models and events that the company has organized to mark the iconic SUV's final production year.

AFP

Fashion designer Paul Smith's one of a kind Defender. LAND ROVER

i-Road is carving its own path

VIA MOTORS

Plug-in work vehicles double as mobile generators

Orem, Utah-based Via Motors, an assembler of plug-in hybrid pickups and delivery vans, is gearing up to sell 50,000 vehicles per year within three years, company chairman Bob Lutz told Bloomberg news service. Plug-in trucks cut fuel costs and provide electricity at remote locations for campers, catering companies, utilities and the military, said Lutz, acting as mobile generators.

TEXT AND IMAGES BY WHEELBASE MEDIA

THE GREEN ANGLE

Metro's weekly picks for the latest in environmental news

TOKYO

Toyota i-Road expands car-sharing program

The ultra compact, electric, three-wheeled Toyota i-Road begins service in a new car-sharing program in central Tokyo in April. The vehicle, which leans into corners like a motorcycle, is already part of a co-ordinated public transport service in Grenoble, France, and in Toyota City, Japan. The new trial, which runs until the end of September, sees the i-Road as part of a service that allows members to make use of a fleet of share-cars at any time of day. The focus is on the i-Road being used for trips to businesses, shops and sightseeing locations.

DETROIT ELECTRIC

Showroom adopts boutique vibe

Wannabe electric sports carmaker Detroit Electric has designed its first flagship store, to open on the same site as the company's production facility in Leamington Spa in the U.K. It prominently features DE's SP:01 pure electric sports car, "soon" to begin production next door to the boutique showroom. Customers will be able to "build" their own SP:01 on large touch screen displays in the showroom to unique, bespoke specifications, before discussing their vehicles in detail with staff.

Electric bike market revs up

TECHNOLOGY

Harley's LiveWire may give e-bikes the cool factor

A global interest in mobility solutions for increasingly congested and polluted urban areas is leading to greater sales of electric scooters and electric motorbikes, particularly in emerging markets.

According to the latest study published last week by Navigant Research, sales aren't about to explode, but interest and demand are stable and continuous.

Combined annual sales of e-bikes and e-scooters are expected to hit six million by 2024. Considering that sales are forecast to hit 5.3 million over the course of 2015, the number isn't particularly high. However, it indicates that even though electrically powered scooters and motorbikes are more expensive and limited in terms of range than gas-powered alternatives, they are starting to find a niche — that is getting bigger.

"Although purchase prices remain relatively high and the availability of vehicles is limited in some regions, e-motorcycles and e-scooters offer an affordable, efficient mode of personal transport for motorists, particularly in booming cities of the developing world," says Ryan Citron, research analyst with Navigant Research.

In 2015, a potential 4.1 million e-scooters will be sold, compared with 1.2 million e-motorbikes. As well as being lighter and more affordable, electric scooters are also more widespread in terms of companies making them.

But we're just taking the initial steps towards serious e-motorbikes that offer the same performance and feeling as gas-powered bikes, and the few that are on the market such as Zero Bikes or the Lightning, or the upcoming Harley Davidson LiveWire, carry a hefty premium.

Still, a U.S.-built premium hog could stimulate demand for an electric motorbike in the U.S. and Europe in the same way that Tesla has made electric cars aspirational with the Model S.

Increased interest will lead to increased competition in the marketplace. According to Navigant, this in turn could spur on innovation and breakthroughs necessary to make bikes more attractive to more people either through lower prices or better battery technology, enabling owners to travel faster and further between charges.

AFP

The Harley-Davidson LiveWire. HARLEY-DAVIDSON

E-BIKES

China is historically the world's biggest market for electric bikes, and, while demand in the country is beginning to diminish due to slowing economic growth, the growing demand from other nations is offsetting this drop.

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UP TO $10,000 TOTAL VALUE[2]

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TRUE NORTH

2015 SILVERADO 1500 DOUBLE CAB TRUE NORTH EDITION

2015 SILVERADO 1500 4X4 1WT

LTZ Z71 Double Cab 4x4 shown[11]

DOUBLE CAB 4X4 1WT LEASE

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$1,850 Down, $0 Security Deposit Includes Freight, PDI, Levies, $4,500 Credit,♦ $1,000 PDU Credit & $1,000 Owner Cash.†

OR

CREW CAB 4X4 1WT LEASE

$145 @ 0% FOR 24 MONTHS BI-WEEKLY▼

$1,850 Down, $0 Security Deposit Includes Freight, PDI, Levies, $3,500 Credit,♦ $1,000 PDU Credit & $1,000 Owner Cash.†

★★★★★ NHTSA www.nhtsa.gov[9] — 5-Star Overall Vehicle Score for Safety[9]

Longest Pickup Powertrain Warranty in Canada, 60,000 KM More Than Ford and Ram▲

Available Best-in-Class V8 Fuel Efficiency[6]

2015 Silverado is the First Pickup Truck to Offer Built-in 4G LTE WI-FI[5]

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For the latest information, visit us at chevrolet.ca, drop by your local Chevrolet Dealer or call us at 1-800-GM-DRIVE. ▼Based on a 24 month lease for 2015 Chevrolet (Silverado 1500 Double Cab 4x4 1WT+G80+B30/Silverado 1500 Crew Cab 4x4 1WT+G80+B30). Annual kilometre limit of 20,000 km, $0.16 per excess kilometre. OAC by GM Financial. Monthly/bi-weekly payments may vary depending on down payment/trade. A down payment or trade of $1,850 and/or $0 security deposit is required. Total obligation is $8,849/$9,407. Option to purchase at lease end is $21,631/$24,183. Excess wear and tear and km charges not included. Other lease options available. ♦$4,500/$3,500 is a manufacturer to dealer delivery credit (tax exclusive) for 2015 Chevrolet Silverado 1500 Double Cab/2015 Chevrolet Silverado 1500 Crew Cab and is reflected in offers in this advertisement. Other cash credits available on most models. See dealer for details. ▼/♦/*** Freight & PDI ($1,695/$1,695), registration, air and tire levies and OMVIC fees included. Insurance, licence, PPSA, dealer fees and applicable taxes not included. Offers apply as indicated to 2015 new or demonstrator models of the vehicle equipped as described. Offers apply to qualified retail customers in the Ontario Chevrolet Dealer Marketing Association area only (including Outaouais). Dealers are free to set individual prices. Quantities limited; dealer order or trade may be required. Limited time offers which may not be combined with other offers. GMCL may modify, extend or terminate offers, in whole or in part, at any time without notice. Conditions and limitations apply. See dealer for details. ♣Based on Vincentric 2014 Model Level Analysis of full-size pickups in the Canadian retail market. ♠The Chevrolet Silverado HD received the lowest number of problems per 100 vehicles among large heavy-duty pickups in the proprietary J.D. Power U.S. 2014 Initial Quality Study.™ Study based on responses from 86,118 new-vehicles owners, measuring 239 models and measures opinions after 90 days of ownership. Proprietary study results are based on experiences and perceptions of owners surveyed February-May 2014. Your experience may vary. Visit jdpower.com. ±MyLink functionality varies by model. Full functionality requires compatible Bluetooth® and smartphone, and USB connectivity for some devices. Visit onstar.ca for coverage maps, details and system limitations. Services and connectivity may vary by model and conditions. OnStar with 4G LTE connectivity is available on select vehicle models and in select markets. Customers will be able to access OnStar services only if they accept the OnStar User Terms and Privacy Statement (including software terms). OnStar acts as a link to existing emergency service providers. After the trial period (if applicable), an active OnStar service plan is required. ◊Government 5-Star Safety Ratings are part of the National Highway Traffic Safety Administration's (NHTSA's) New Car Assessment Program (www.safercar.gov). Δ2015 Silverado 1500 with available 5.3L EcoTec3 V8 engine equipped with a 6-speed automatic transmission has a fuel-consumption rating of 12.7 L/100 km combined (4x2) and 13.0 L/100 km combined (4x4). Fuel-consumption ratings based on GM testing in accordance with the new 2015 model-year Government of Canada approved test methods. Refer to vehicles.nrcan.gc.ca for details. Your actual fuel-consumption may vary. Comparison based on wardsauto.com 2014 Large Pickup segment and latest competitive information available. Competitive fuel-consumption ratings based on 2014 Natural Resources Canada's Fuel Consumption Guide. Excludes other GM vehicles. ††2015 Silverado 1500 Double Cab 2LZ 4x4, MSRP with freight, PDI & levies: $51,139. Dealers are free to set individual prices. **The 2-Year Scheduled Lube-Oil-Filter Maintenance Program provides eligible customers in Canada, who have purchased, leased or financed a new eligible 2014MY Chevrolet, Buick or GMC vehicle (excluding Spark EV), with an ACDelco oil and filter change, in accordance with the oil life monitoring system and the Owner's Manual, for 2 years or 40,000 km, whichever occurs first, with a limit of four (4) Lube-Oil-Filter services in total, performed at participating GM Dealers. Fluid top offs, inspections, tire rotations, wheel alignments and balancing, etc. are not covered. This offer may not be redeemed for cash and may not be combined with certain other consumer incentives available on GM vehicles. General Motors of Canada Limited reserves the right to amend or terminate this offer, in whole or in part, at any time without prior notice. Additional conditions and limitations apply. See dealer for details. ▲Whichever comes first. See dealer for limited warranty details. **1** Offer applies to eligible current owners or lessees of any model year 1999 or newer car that has been registered and insured in Canada in the customer's name for the previous consecutive six (6) months. Credit valid towards the retail purchase or lease of one eligible 2015 model year Chevrolet/Buick/GMC/Cadillac car, SUV, crossover and pickup models delivered in Canada from March 3, 2015 – March 31, 2015. Credit is a manufacturer to consumer incentive (tax inclusive) and credit value depends on model purchased: $500 credit available on Chevrolet: Spark, Sonic, Cruze, Volt, Trax, Malibu (except LS), Buick Encore and Verano; $750 credit available on other Chevrolet, Buick and GMC vehicles (except Chevrolet: Colorado ZSA, Camaro Z28, Malibu LS, Silverado Light Duty and Heavy Duty, GMC: Canyon ZSA, Sierra Light Duty and Heavy Duty); $1,000 credit available on Cadillac vehicles (except 2015 Cadillac Escalade) and $1,000 on all Chevrolet Silverado's and GMC Sierra's. Offer is transferable to a family member living within the same household (proof of address required). As part of the transaction, dealer may request documentation and contact General Motors of Canada Limited (GMCL) to verify eligibility. This offer may not be redeemed for cash and may not be combined with certain other consumer incentives. Certain limitations or conditions apply. Void where prohibited. See your GMCL dealer for details. GMCL reserves the right to amend or terminate offers for any reason, in whole or in part, at any time without prior notice. **2** $10,000 is a combined total credit consisting of a $4,500 manufacturer to dealer delivery credit (tax exclusive) for 2015 Silverado Light Duty Double Cab, $1,000 Owner Cash (tax inclusive), a $2,420 manufacturer to dealer Option Package Discount Credit (tax exclusive) for 2015 Chevrolet Silverado Light Duty (1500) Double Cab 1LT equipped with a True North Edition and a $2,080 manufacturer to dealer cash credit (tax exclusive) on Silverado Light Duty (1500) Double Cab LS Chrome Edition, LT and LTZ, which is available for cash purchases only and cannot be combined with special lease and finance rates. By selecting lease or finance offers, consumers are foregoing this $2,080 credit which will result in higher effective interest rates. Discounts vary by model. **3** 0% leasing for 36 months available on 2015 Silverado 1500 Double and Crew Cab 1WT on approved credit to qualified retail customers by GM Financial. Down payment, trade and/or security deposit may be required. Example based on a purchase price of $29,030 (including $700 lease credit, $4,500 manufacturer to dealer delivery credit, a $1,000 manufacturer to dealer Option Package Discount Credit and a $885 Owner Cash) for a Silverado 1500 Double Cab 4X4 1WT. Bi-weekly payment is $149 for 36 months at 0.0% APR, on approved credit to qualified retail customers by GM Financial. Annual kilometer limit of 20,000 km, $0.16 per excess kilometer. $450 down payment is required. Payment may vary depending on down payment trade. Total obligation is $11,622, plus applicable taxes. Option to purchase at lease end is $17,432. Price and total obligation exclude license, insurance, registration, taxes, dealer fees and optional equipment. Other lease options are available. Dealers are free to set individual prices. Limited time offer which may not be combined with other offers. See your dealer for conditions and details. General Motors of Canada Limited reserves the right to amend or terminate this offer, in whole or in part, at any time without prior notice. **4** Offer available to qualified retail customers in Canada for vehicles from March 3, 2015 – March 31, 2015. 0% purchase financing offered on approved credit by TD Auto Finance Services, Scotiabank® or RBC Royal Bank for 48 months on all new or demonstrator 2015 Silverado 1500 Double and Crew Cab 1WT. Participating lenders are subject to change. Rates from other lenders will vary. Down payment, trade and/or security deposit may be required. Monthly payment and cost of borrowing will vary depending on amount borrowed and down payment/trade. Example: $40,000 at 0% APR, the monthly payment is $833.33 for 48 months. Cost of borrowing is $0, total obligation is $40,000. Offer is unconditionally interest-free. Freight and air tax ($100, if applicable) included. Licence, insurance, registration, PPSA, applicable taxes and dealer fees not included. Dealers are free to set individual prices. Limited time offer which may not be combined with certain other offers. GMCL may modify, extend or terminate offers, in whole or in part, at any time without notice. Conditions and limitations apply. See dealer for details. ®Registered trademark of The Bank of Nova Scotia. RBC and Royal Bank are registered trademarks of Royal Bank of Canada.

Sonic: Car buying at top speed

TECHNOLOGY

Dealership wants buyers in and out in 45 minutes

AUTO PILOT
Mike Goetz

Millennial drivers are looking for a faster car-buying experience. ISTOCK

Among all the retailing experiences out there, buying a new vehicle at a dealership remains a unique one.

You know the drill, and the steps, and all the dealership people you need to see as you progress through the deal.

Sometimes this process can take hours, especially on a busy day at the dealership.

A recent survey conducted by AutoTrader noted that customers seem happy enough as long as the whole thing doesn't take more than 1.5 hours.

The survey noted that once things hit the 2.5-hour mark, satisfaction with the car-buying process drops to "below average" levels. Good to know, but doesn't that sound like an observation from Captain Obvious? Waiting longer than you think it should take, for anything, is never a good recipe for satisfaction.

A new brand of customers — those tech-savvy millennials — are particularly touchy about waiting too long for their order to be completed at the dealership.

These customers are used to buying items online — and quickly. "Just a number of clicks, and there is your purchase the next day at your doorstep," says Chris Travel, of the marketing research and technology company, MaritzCX.

Based in Toronto, Travel keeps clients abreast of customer experience trends and ideas emanating from the automotive sector (on the automotive section of the CX Cafe blog), and he told us about a pilot project in the U.S. that aims to have car buyers in and out of the dealership in 45 minutes.

Sonic Automotive is one of the largest dealer groups in the U.S. and owns the EchoPark brand. Travel said Sonic recently spent "two to three million" to design and build a new car buying system it hopes to roll out to all its EchoPark stores in the U.S.

The first store to run with it is EchoPark Toyota in Thorton, Colo.

THE FUTURE

Chris Travel of marketing research company MaritzCX notes that Canadian retailers are also obviously aware of our desire for a shortened buying experience, and are tweaking their processes to do so. However, a lot of the major innovation in the area is happening in the U.S., where large corporations, like Sonic, have the economies of scale and the appetite to invest in systems and cultures that will challenge the status quo.

Here's how EchoPark can sell you a vehicle, start to finish, in 45 minutes or less:

- One non-commissioned staff member, called a Guest Experience Guide, is your sole dealership contact for the whole process.
- Vehicle prices are set, so no time is spent haggling and negotiating.
- As much as possible, vehicle selection, finance, and business office steps are completed on the guide's iPad, and much of that is possible through an increased acceptance of electronic signatures.
- Trade-in appraisals are done in your presence, using sophisticated third party used-vehicle databases.
- Document Specialists work in the background to streamline the legal stuff.

MASTER THE ROAD SALES EVENT

A redesigned exterior that includes Jewel Eye™ LED headlights. An 8-speed, 2.4 litre 201-HP engine. And the award-winning AcuraWatch™ safety system, standard. With the 2016 ILX, you can expect a larger gallery.

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ACURA
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*Selling price is $29,490 on a new 2016 Acura ILX (DE2F3GJX). Price excludes $1,995 freight and PDI, fees, license, insurance, registration and taxes. **Limited time lease offer based on a new 2016 Acura ILX (DE2F3GJX) available through Acura Financial Services on approved credit. Representative lease example: 1.9% lease rate for 36 months (78 payments). Bi-weekly payment is $198 with $0 down payment. 16,000 km allowance/year; charge of $0.15/km for excess kilometres. Total lease obligation is $15,444 (not applicable in Quebec). Lease payment includes freight and PDI of $1,995 and applicable fees but does not include lien registration fee of $36.00 in Quebec and up to $70.75 in other regions, and lien registering agent fee of $5.00, which are due at time of delivery. Taxes, insurance, license and registration fees (all of which may vary by region) are extra. Some terms/conditions apply. Model shown for illustration purposes only. Offers end March 31, 2015 and are subject to change or cancellation without notice. Dealer may sell/lease for less. Dealer order/trade may be necessary. While quantities last. Visit acura.ca or your Acura dealer for details. © 2015 Acura, a division of Honda Canada Inc.

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KROM MT model shown▲

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Excludes 2014 Chrysler 200 LX, 2015 Chrysler 200, 2014 Dodge Avenger CVP, 2015 Jeep Renegade (all models), 2014/2015 Dodge Grand Caravan CVP, 2014/2015 Dodge Journey CVP and SE Plus, 2014/2015 Dodge Dart (all models), 2014/2015 Jeep Wrangler Sport, 2014/2015 Jeep Patriot (all models), 2014/2015 Jeep Compass Sport (select models), 2014/2015 Jeep Cherokee (all models), 2014/2015 Ram Cargo Van, 2014/2015 Ram 1500 Regular Cab, ProMaster City and all 2014/2015 FIAT models. Offer available at participating Atlantic and Ontario retailers only. See retailer for complete details and exclusions. ◊Total Discounts of $3,750 consist of $3,750 Consumer Cash on the 2015 Jeep Patriot Sport 4x2 (25D). Total Discounts of Consumer Cash/Lease Cash discounts are deducted from the negotiated lease price before taxes. †0% purchase financing for up to 36 months available on new 2015 Jeep Cherokee models to qualified customers on approved credit through RBC, Scotiabank and TD Auto Finance. 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Example: 2015 Jeep Grand Cherokee Laredo (23E) with a Purchase Price of $36,395 leased at 4.99% over 60 months with $4,099 down payment, equals 260 weekly payments of $97.32 with a cost of borrowing of $6,295.80 and a total obligation of $29,021.20. 22,000 kilometre/year allowance. Charge of $0.18 per excess kilometre. Some conditions apply. ¥$2,500 Lease Cash available on the 2015 Jeep Grand Cherokee Laredo (23E). Lease Cash is deducted from the negotiated lease price before taxes. ∞Non-prime financing available on approved credit. 4.99% financing available on 2015 Ram 1500 Quad SXT 4x4/2015 Chrysler 200 LX/2015 Jeep Patriot Sport 4x2. 6.99% financing available on select 2015 models. Financing examples: 2015 Jeep Patriot Sport 4x2/2015 Jeep Cherokee Sport 4x2 with a Purchase Price of $15,495/$24,495 financed at 4.99%/6.99% over 84 months, equals 182 bi-weekly payments of $101/$171 for a total finance obligation of $18,390.30/$31,044.34. Some conditions apply. See your retailer for complete details. §Starting From Prices for vehicles shown include Consumer Cash Discounts and do not include upgrades (e.g., paint). Upgrades available for additional cost. ΔBased on 2014 *Ward's* Sport and Cross Utility segmentations. ∞Based on 2014 *Ward's* Middle Cross Utility segmentation. √Based on 2014 *Ward's* Small Sport Utility segmentation. ±Jeep Grand Cherokee has received more awards over its lifetime than any other SUV. ®Jeep is a registered trademark of FCA US LLC used under license by FCA Canada Inc. ™The SiriusXM logo is a registered trademark of SiriusXM Satellite Radio Inc.

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It's official: Nash says final goodbye

IN BRIEF

Lundqvist is 'pretty close' to making return

Henrik Lundqvist practised with his Rangers teammates Tuesday for the first time since he was forced from the lineup by a neck injury in February, and could be back in goal by this weekend.

Lundqvist took the Madison Square Garden ice several hours before the NHL-leading Rangers hosted the Stanley Cup champion Los Angeles Kings in a rematch of last year's finals. He faced all kinds of shots from teammates, who were pleased to have their No. 1 goalie back after he got hit in the neck with a puck on Jan. 31.

"I feel like I am pretty close," the 33-year-old Lundqvist said.

"I miss the game so much. Just being out there is just a great feeling."

THE ASSOCIATED PRESS

Canucks lock up D-man Tanev through 2021

The Vancouver Canucks signed defenceman Chris Tanev to a five-year contract extension Tuesday.

Tanev has 16 points on two goals and 14 assists this season and is now signed through 2021.

The 25-year-old's contract is reportedly worth $22.25 million US with a salary-cap hit of $4.45 million. The Toronto native leads the Canucks in blocked shots with 153.

THE CANADIAN PRESS

Leaning on the hot hands

NHL

Contenders giving star goalies heavy workloads

Goaltender Andrew Hammond has endeared himself to Sens fans by anchoring the team's hot streak. ADRIAN WYLD/THE CANADIAN PRESS

'Tis the season for riding goaltenders.

With the playoffs near and opportunities to pick up points dwindling, more coaches are choosing to go with the hot hand in goal rather than opting for rest.

Los Angeles Kings coach Darryl Sutter started Jonathan Quick on Monday night versus the New Jersey Devils and was expected to go back to him Tuesday against the NHL-leading New York Rangers. With Henrik Lundqvist eyeing a weekend return but not yet ready, Rangers coach Alain Vigneault tabbed Cam Talbot in back-to-back games over the weekend and came away with two victories.

As the Minnesota Wild have shown by starting Devan Dubnyk 31 straight times to get back into playoff contention, putting trust in one goaltender can be a successful strategy, especially this time of year.

"I think at this point in the season no team has a luxury of playing a goalie that hasn't played consistently," analyst Justin Goldman of the Goalie Guild said. "You have to go with your best lineup, regardless of the rigours or bumps and bruises or how tired they are."

"He never shows that wear and tear that goalies who may not be in the elite echelon show
Goalie Guild analyst Justin Goldman on Kings goaltender Jonathan Quick

That means tossing aside concerns about overworking starters and the statistics that show it's not beneficial to play the same goaltender on consecutive nights. Points are simply too valuable, and it's a major roll of the dice to change things up.

Ottawa coach Dave Cameron learned that lesson the hard way when the Boston Bruins beat Craig Anderson on March 10. Rookie Andrew Hammond is 14-0-1 in 15 starts this season and has anchored the Senators' improbable run to secure a playoff position.

"He's been a warrior," Cameron told reporters at Canadian Tire Centre Monday night after beating the San Jose Sharks. "He's been playing probably too much hockey here, but another terrific win for him."

Dubnyk, who was poised to make a 32nd consecutive start Tuesday night against the New York Islanders, is 23-6-1 with a 1.74 goals-against average, .937 save percentage and five shutouts since being acquired from the Arizona Coyotes on Jan. 14.

Coach Mike Yeo told the Minneapolis Star-Tribune he worries about not starting Dubnyk.

THE CANADIAN PRESS

SENATORS

Coach Cameron reaping the rewards of sticking to his guns

THE HOCKEY NEWS

Murray Pam
FOR METRO

When Dave Cameron was promoted to head coach Dec. 8, Senators GM Bryan Murray presented him with a long to-do list. It entailed opening communication lines with the players; decreasing defensive zone miscues; instilling structure, and developing an aggressive forecheck.

At his media conference, Murray admitted his bullet points may "take a little time" to accomplish, but had faith Cameron was up for the challenge.

To that end, the former P.E.I. school teacher pledged, it didn't matter if a player received five or 20 minutes of ice time; their role mattered.

Under his predecessor Paul MacLean, the 58-year-old thought the club played a slow pace. Cameron immediately changed the club's work ethic, creating up-tempo practices replicating in-game conditions.

Cameron simplified the Senators' defensive scheme. Rather than clogging the middle of the ice, Cameron taught that north-south board play was the route to success.

The ex-New Jersey Devil also recognized his roster strengths. Cameron elevated Mike Hoffman to a top-six forward slot. Erik Condra was no longer a healthy scratch. Now injured, veteran Chris Phillips was phased slowly from the lineup.

Scoring quickly rose 20 per cent. Shots-against decreased from 34 to 31. However, stat-sheet success didn't belie positive results.

Exactly two months into Cameron's tenure, the Senators reached their lowest point, falling to 20-22-9 — 14 points out of a wild-card spot and 14 points above the cellar-dwelling Sabres.

Hockey analytics experts say if you stay the course, good things happen. In this case, they were right. Those stats are translating to wins. The Senators are an astounding 17-2-2 since Feb. 8.

Obviously, a good portion of credit for this record goes to Andrew Hammond.

The Hamburglar is one of the league's best stories this season, providing stellar netminding on a historical level.

Cameron also had a hand in this streak, throwing together the line of Condra, Jean-Gabriel Pageau and Curtis Lazar. The trio has become a lightning rod for the Senators — setting the tone every shift.

The team is clearly buying what their coach is selling. Kyle Turris noted Cameron is "very personable and brings a positive atmosphere."

The Senators are extremely happy in their work environment. Why shouldn't they be? Cameron has them on the cusp of a playoff berth.

IMPROVEMENT AFTER THE WALRUS

2014-15 per-game averages

	G	GA	S	SA
Under Dave Cameron	3.16	2.58	32.4	31.0
Under Paul MacLean	2.59	2.74	28.8	34.4

BASEBALL

Hunter homer helps Twins pip Blue Jays

MLB spring training

6	5
TWINS	JAYS

After Torii Hunter hit his first home run in a Minnesota Twins uniform since 2007, manager Paul Molitor greeted him in the dugout with a sly message.

"Remember how you did it," Molitor said after Hunter hit a three-run homer Tuesday in the Twins' 6-5 win over the Toronto Blue Jays.

The 39-year-old Hunter signed a one-year, $10.5 million, one-year deal to return to the Twins, a team he left after the 2007 season.

Hunter had just two extra-base hits, a pair of doubles, through his first 25 at-bats before connecting on an 82 mph breaking ball.

"I know physically he feels really good," Molitor said. "It's always nice to click on one in spring training. He's a smart, intelligent guy who has an idea every time he goes up there what he's going to try to do. He saw that and he reacted very nicely."

Before the game, the Twins announced a $20 million, four-year contract with second baseman Brian Dozier, who homered on the first pitch he saw.

"I'm a Brian Dozier fan," Molitor said. "We're elated to have one of our best players in the fold for four years." Jordan Schafer also homered leading off the eighth.

THE ASSOCIATED PRESS

CYCLING

WADA: No reduced ban for Armstrong

Lance Armstrong has not done enough to get his life ban reduced and his latest bid for rehabilitation is coming too late, the director general of the World Anti-Doping Agency said Tuesday.

In an interview with The Associated Press, David Howman said the disgraced American cyclist did not seize the opportunities he had to come forward with the details of his doping past.

"If he satisfied the criteria to go forward and ask for a suspension of his ban, the criteria will be carefully looked at, but so far he has not," Howman said on the sidelines of a WADA symposium in Lausanne.

"There is no consideration being given to it."

Armstrong met with the U.S. Anti-Doping Agency chief Travis Tygart this month in hopes of getting a reduction of his ban but has yet to get in touch with WADA.

The meeting with Tygart was the first since 2012, the year Armstrong was stripped of his seven Tour de France titles and banned for life after systematic doping within his former teams was exposed.

Armstrong made a public confession about his doping but WADA was expecting him to give a comprehensive account of his cheating.

THE ASSOCIATED PRESS

IN BRIEF

Richest fight in boxing history getting richer

The first ticket has yet to be sold, but the richest fight in boxing history is getting richer by the day.

New estimates show Floyd Mayweather Jr.'s payoff for fighting Manny Pacquiao could easily be $180 million, up substantially from earlier predictions of $120 million. Pacquiao gets the short end of the purse, but even that is expected to be well over $100 million by the time everything is tallied up. THE ASSOCIATED PRESS

NFL owners reject replay proposals but safety is key

NFL owners shot down nearly every video replay proposal brought to their meetings Tuesday, while approving six safety rules enhancements.

Of the 13 alterations, including extending the number of coaches' challenges and letting them challenge penalty calls, the only one passed will allow game officials to go to replay for clock issues at the end of a half, game or overtime if more than 1 second is on the clock. THE ASSOCIATED PRESS

Ottawa star Travis Konecny, left, will face off against Ice Dogs' Josh Ho-Sang in round one of the OHL playoffs. OHL IMAGES

Konecny return can help 67's tame Dogs

OHL HOCKEY

Winger will be vital if Ottawa are to topple in-form Niagara

Trevor Greenway
Metro | Ottawa

If the Ottawa 67's want to advance past the Niagara Ice Dogs in the first round of the OHL playoffs, they will need to get their offensive star back.

The 67's have been without winger Travis Konecny since early March due to an upper body injury, but head coach Jeff Hunt is expecting the sniper to suit up for Game 1. "He brings a lot of speed and danger," said Hunt, following a team practice Monday afternoon. "He is one of those kids who can single-handedly win a game for you. He just has so much explosiveness."

But the 67's have made good without their big star, winning four of their last five games, \including a 2-1 dethroning of what some are calling the team to beat, the Oshawa Generals.

He just has so much explosiveness
67's coach Jeff Hunt on Travis Konecny

And although leading scorer Dante Salituro has elevated his play (two goals, eight points) in his last five games, he credits the depth of the team for picking up the slack with Konecny gone.

"We really put it together the last five games, and we are really playing together as a team and everybody is contributing. We all knew we had to step up because (Tyler Konecny) is a big guy on our team and he is a big part of our offence."

The 67's finished the season in fourth place — securing home ice advantage for the first round. It could be a huge boost for the team, as TD Place Arena will be on fire Thursday night for the team's first playoff game in the new arena. But TSN 1200 analyst AJ Jakubec says home ice alone won't save the 67's. "Home ice advantage was very important to get, but that can go out the window in one game," said Jakubec, noting that the 67's won 25 of 34 home games this season.

"When you have got home ice advantage, you can't expect to win all four at home, but you have got to expect to go and win one on the road."

Ottawa the underdog, despite standings

You may think the Ottawa 67's are the favourites heading into Thursday's Game 1 match against the Niagara Ice Dogs, but don't let the standings fool you.

The Ice Dogs come into Game 1 hot, winning an impressive 22 out of their past thirty games — eight of those coming in the last 10 games of the season. "I don't think anyone is under the illusion that Ottawa is the favourite here," said TSN 1200 host AJ Jakubec.

He said while the two teams are neck-and-neck in the standings (Ottawa 4th, Niagara 5th), the Ice Dogs have a far more offensively skilled team than Ottawa and the 67's will have their hands full with the Ice Dogs stacked roster, which boasts seven NHL drafted players — compared to Ottawa's two.

It's guys like Ice Dogs leading scorer Carter Verhaeghe and Josh Ho-Sang (traded from Windsor) who, after slow starts, have had a resurgent second half of the year to help the Ice Dogs get back into the picture.

"It's been a Jekyll and Hyde type season for us," said Ice Dogs head coach Marty Williamson. "We were really poor early and pulling our hair out and, obviously, it has been fun second half."

With Ottawa winning 25 of 34 home games at TD Place, Williamson says his club will have to steal a win or two on the road if they want any chance of beating the consistent Ottawa team. If stats are any indication, this series will likely go seven games. "You are going to get a heck of a series," added Williamson.

SERIES NOTES

Ottawa 67's
Strengths: Consistency, structure and special teams (67s were 2nd in penalty killing)
Weaknesses: Not as offensively talented as the Ice Dogs.

Niagara Ice Dogs
Strengths: Depth on offence, raw scoring talent
Weaknesses: Team defence (122 goals against). The Ice Dogs have a defensive core that is solid, but very young. Experience could hurt them.

TREVOR GREENWAY

RECIPE Potato Corn Chowder

EAT LIGHT AT HOME

Rose Reisman
rosereisman.com
@rosereisman

Ready in
Prep time: 15 minutes
Cook time: 30 minutes

Directions

1. Lightly coat a nonstick skillet with cooking spray and set over medium heat. Sauté the corn for about 8 minutes, stirring often until lightly browned. Purée half of the corn in a small food processor. Combine the puréed corn with the whole corn in a small bowl and set aside.

2. Add the oil to a large, non-stick pot and set over medium heat. Add the onion and garlic and sauté for about 4 minutes. Add the red pepper and sauté for another 2 minutes. Add the potato, stock, chili sauce and corn mixture. Bring to a boil, then reduce the heat to low and simmer, covered, for about 15 minutes or until the potato is tender.

3. Whisk together the flour and milk in a small bowl and gradually add to the soup. Add the salt and pepper. Simmer, stirring occasionally for 3 minutes or until slightly thickened and heated through. Serve in bowls, and garnish with parsley.

Ingredients
- 2 cups corn niblets (canned or fresh)
- 1 1/2 tsp vegetable oil
- 1 cup chopped onion
- 1 1/2 tsp finely chopped garlic
- 1/2 cup chopped red bell pepper
- 1 cup peeled and diced potato
- 2 1/2 cups chicken stock
- 1/2 tsp hot chili sauce (or finely chopped jalapeño pepper)
- 2 tsp all-purpose flour
- 1 cup canned evaporated milk (2%)
- pinch of salt and pepper
- 3 tbsp chopped parsley

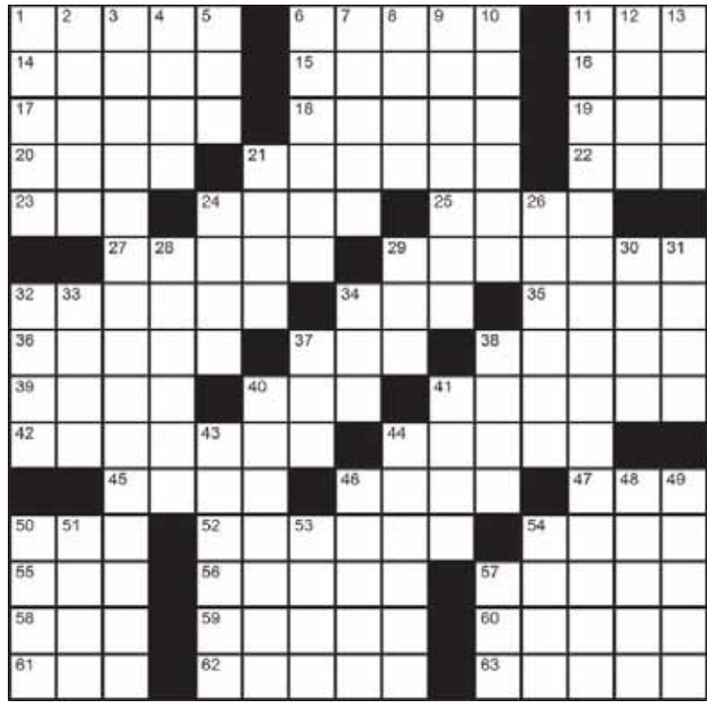
Nutrition
- Calories 211
- Protein 10 g
- Carbohydrates 35 g
- Fibre 3.9 g
- Total fat 3.7 g
- Saturated fat 0.9 g
- Cholesterol 5 mg
- Sodium 565 mg

ROSE REISMAN'S FAMILY FAVOURITES (WHITECAP BOOKS) BY ROSE REISMAN. PHOTO: RYAN SZULC

CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN

ANSWERS ONLINE metronews.ca



ACROSS
1. Steve Martin/Lily Tomlin movie, "__ Me" (1984)
6. Joanne __, Hamilton-born 3x Olympic swimmer
11. "__ so fast!"
14. Dip the feathered pen again
15. Cherish
16. Sense organ
17. Molten rock
18. __ '__' Roses (Rock band)
19. Which person?
20. Journey's "__ Should Break Your Heart"
21. __ Lake (Ontario community near North Bay)
22. Protrude
23. Clock setting in St. John's, commonly
24. Agreement
25. Ms. Campbell
27. 1965 Beatles chart-topper
29. Hairstylist giving a customer the 1970s feathered look, say
32. Handsome fellow of ancient Greek mythology
34. Friend
35. Q-to-V link
36. "Irma la __" (1963)
37. Energy
38. John __ (Tractor company)
39. Pet Shop Boys' "__ Sin"
40. Swerve
41. More ashen
42. Slayer of the Minotaur
44. Circular
45. Stink
46. Vintage video game
47. Second sight, shortly
50. In favour
52. Lisa of "The Addams Family"
54. Iris spot
55. Currency in Romania
56. J.M. for Joni Mitchell, briefly
57. Del Shannon's "Little Town __"
58. Granola morsel
59. "Nifty!"
60. Chesterfield __ (Municipality in Nunavut)
61. __-trial
62. __ Exchange Building (Winnipeg landmark)
63. Toronto-born lead singer of #6-Down

DOWN
1. Actor, __ Mueller-Stahl
2. Toronto hockey players
3. Drivers can scenically traverse it in Nova Scotia: 2 wds.
4. "It's __ __." (I'm paying)
5. __ __ twigs (British singer)
6. As per #63-Across... Juno-winning "Rude" band
7. Grown-up
8. Capital of Eng.
9. Stash of weapons
10. Tom __, President of Hockey Canada
11. NHL team co-head-coached by two Canadians: 3 wds.
12. Hawaiian island
13. Jog
21. Faucets
24. Ballet move
26. Ben __, Tony-winning star of Pippin
28. Box in
29. Swimmer's circuit
30. Raison d'__
31. Repenter
32. Mine entrance
33. Bible verb
34. Church seat
37. Not in Nice?
38. Narcotic
40. Denizen of Whitehorse's locale
41. Percussion instrument
43. Activity involving a Moray, say
44. Music producer Mark
46. __ Palace (Florence, Italy attraction)
48. More dry
49. Ms. LaBelle
50. Ice cube into water sound
51. Back
53. US music trade org.
54. Arm bone
57. Fish's paddle

IT'S ALL IN THE STARS by Sally Brompton

Aries March 21 - April 20
You feel you could take on the world and win but Saturn warns there are a number of duties and responsibilities you must deal with before you are free to express yourself.

Taurus April 21 - May 21
Venus in your sign makes the world look a kinder place, but don't be fooled. Your attitude to those around you may have softened but you still need to take care.

Gemini May 22 - June 21
Something will take you by surprise today and you have only yourself to blame. The signs have been there for some time and you should have seen it coming.

Cancer June 22 - July 23
As Saturn links with the Sun today your natural caution will work in your favour. While others are bigging it up and throwing their money around you will be quietly making plans.

Leo July 24 - Aug. 23
You will solve a riddle that has been bugging you for ages — and will kick yourself when you realize just how simple the answer is. You may experience many such moments over the next few days.

Virgo Aug. 24 - Sept. 23
Something will happen over the next 24 hours that gives you the opportunity to show how tough you are. Make sure people know you should never be taken for granted.

Libra Sept. 24 - Oct. 23
One of the things you are good at is inspiring people to improve themselves and over the next few days you will help at least one friend do more and do better. Good on you.

Scorpio Oct. 24 - Nov. 22
You will be tempted to make a major decision today, even though you don't yet know all the facts. Your impatience could pay off or it could land you in deep water. Be careful.

Sagittarius Nov. 23 - Dec. 21
Someone you live or work with will get the wrong end of the stick today and blame you for something that is not your fault. By all means clear your name but don't hold it against them. Everyone makes mistakes.

Capricorn Dec. 22 - Jan. 20
Venus in your fellow Earth sign of Taurus makes it much easier to express your feelings. Just be careful you don't become infatuated. Your passion could cause problems.

Aquarius Jan. 21 - Feb. 19
You may be in a fun-loving mood but you also have serious things to consider, things that must be dealt with now. Focus all your attention and energy on them today.

Pisces
Feb. 20 - March 20
You will reach an important decision concerning your career over the next 24 hours and although not everyone will agree with the route you choose you know it is the right one for you.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

4		7				8		
	6		5		4		2	
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